

MOST STROKES CAN BE PREVENTED

Know the Risk Factors You Control

315-917-9966



MVHS

Comprehensive Stroke
and Neuro-Endovascular
Program

RISK FACTOR

HOW TO CUT THE RISK



HIGH BLOOD PRESSURE

Season with spices, not salt



SEDENTARY LIFESTYLE

150 minutes of exercise each week



HIGH LIPIDS/BLOOD FATS

Cut saturated and trans fats, eat more fiber



POOR DIET

2-3 cups of fruits and veggies each day



OBESITY

Reduce screen time outside of work



SMOKING

Quit smoking



HEART ISSUES

Know your numbers: blood pressure,
cholesterol, triglycerides



HEAVY ALCOHOL USE

Limit drinking: 1 a day for women,
2 a day for men



STRESS

Take 10 minutes each day to recharge:
Keep a journal, meditate or find a hobby



DIABETES

Cut processed carbs such as white bread
and white rice