GET REGULAR CHECKUPS.
Schedule regular visits with your doctor and talk to your doctor about your risks and ways to reduce them.

HIGH BLOOD PRESSURE CAN LEAD TO COGNITIVE IMPAIRMENT

STROKES AND YOUR BRAIN HEALTH
Keeping a brain healthy can help reduce your risk for STROKE, a leading cause of death and no 1 preventable cause of disability.

BY THE NUMBERS

40
Every 40 seconds someone has a stroke

55,000
About 55,000 more women than men have a stroke each year

No. 5
Cause of Death in USA

80% OF ALL STROKES CAN BE PREVENTED
Maintain a healthy body to have a sharp mind and healthy brain while reducing your risk for stroke and heart disease.

GET ENOUGH SLEEP.
For adults 7-8 hours per day, more for teenagers and children.

BE SOCIALLY ACTIVE.
Observational studies have shown that people with poor social support or networks are at higher risk for stroke and heart disease.

EAT HEALTHY.
RECOMMENDED DAILY LIMIT 1500mg SODIUM

EXERCISE.
30 minutes DAILY ACTIVITY

DON’T SMOKE — IF YOU SMOKE, STOP.

STROKE AND BRAIN HEALTH RISK
Stroke and early mental decline in mid-life have been linked to unhealthy lifestyles.

3 out of 5 Americans will develop a brain disease in their lifetime.

1 in 4 strokes are in people who have had a previous stroke

80% OF ALL STROKES CAN BE PREVENTED

HOW CAN I LEARN MORE?
1. Talk to your doctor, nurse or other healthcare professional
2. Call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org

Sources: Statistics from the American Heart Association/American Stroke Association, World Health Organization, and Centers for Disease Control and Prevention, American Heart Association
https://www.michaeljfox.org/foundation/publication-detail.html?id=484&category=7
AHA/ASA Interlex Discovery Research, 2011.