

Maintain your average

High blood pressure is the leading cause of stroke.

Keep your blood pressure at acceptable levels - below 140/90.

Check your blood pressure at least once a year and more often if it is over 140/90. If it is high, talk to your doctor about how to bring the numbers down.

To keep your blood pressure low, limit your salt intake, maintain a healthy weight, don't smoke, and exercise regularly.

Keep a healthy rhythm

Atrial fibrillation (AF), or a very irregular heartbeat, increases your risk of stroke five times. AF becomes more common as we get older.

AF causes blood to pool in the heart increases the chance for blood clots that can lead to strokes.

Atrial fibrillation, can be controlled with medication. Your doctor can check for AF by carefully checking your pulse.

Check your pulse!

Strike Out Stroke is brought to you by the
Minnesota Board on Aging
Minnesota Stroke Association
Minnesota Twins
Minnesota Department of Health
Minnesota Department of Human Services
National Stroke Association

This document is available in alternative formats to individuals with disabilities by calling 651-296-2770 or 800-882-6262 or through the Minnesota Relay Service at 800-627-3529.

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**You can
strike out
stroke if
you know
the signs**



Be Stroke Smart

What is stroke? Stroke is a “brain attack” which is caused by a **sudden** interruption of blood flow to the brain.

Each year, approximately 12,000 Minnesotans have strokes.

Can strokes be prevented? Yes! The majority of strokes can be prevented and treated. Follow these tips:

- Maintain a healthy blood pressure, below 140/90.
- Don't smoke.
- Eat a healthy diet.
- Be active.
- Stroke is an emergency - call 911 at the first sign of stroke

Know the signs

Strokes strike fast. The warning signs are:

- **Sudden** numbness, weakness or paralysis of your face, arm or leg.
- **Sudden** trouble speaking or understanding even simple statements.
- **Sudden** trouble seeing in either one or both eyes.
- **Sudden** severe headache or dizziness.

**A stroke is an emergency.
Call 911 at the first sign
of a stroke!**

Catch the spirit!

Physical activity benefits the heart and helps prevent strokes.

You don't have to be an athlete to be a winner!

Be active for 30 minutes or more most days of the week. It doesn't have to be anything too strenuous. Take a walk, garden, clean your house, rake leaves, go dancing or attend an exercise class.

You don't have to do all 30 minutes at once. It's OK to be active for shorter periods of time - the goal is to get a total of 30 minutes most days.

Choose an activity that you enjoy! As long as you're moving, you're doing your body good.

Please be sure to see your doctor before you begin a new activity program.

Be on the winning team - be active today!

For more information about strokes, please call the Minnesota Stroke



1-800-647-4123

or

(612) 879-0015.

Training tips

If success is your way, Eat 5-A-Day! By eating five fruits and vegetables a day, you can cut your risk of stroke as well as your risk of cancer and heart disease.

Did you know that women who eat more fruits and vegetables have a 54 percent lower risk of stroke compared to those who eat fewer fruits and vegetables?

Fruits and vegetables provide vitamins, minerals and fiber which are important for staying healthy. In addition, eating calcium-rich foods along with fruits and vegetables helps control your blood pressure.

Eat less fat and fewer high fat foods.

Be sensible about salt and maintain a healthy weight.

Consult with your doctor or ask to be referred to a registered dietitian or licensed nutritionist.

It's easier than you think to eat five or more fruits and vegetables daily.

Helpful hints:

Grab a piece of fruit for a snack.
Keep cut vegetables around
for snacks.

Buy a pre-mixed salad
and have it with dinner.