

Most Strokes Are Preventable

You have lots of control over your chances of having a stroke. In fact, nearly 8 out of 10 strokes are preventable.

How? With healthy habits, like...

Being more active, eating healthy foods, and quitting smoking, if you smoke.

And if you've already had a stroke, it's not too late to prevent another.

Talk with your healthcare provider today. They can help you get started!