



## Reducing Your Risk for Stroke



### Overview

Your risk for stroke is tied to a lot of factors. Some things (like your age and family history) you can't control. But you do have control over many others. So if you're worried about your risk, focus on these healthy habits.

### Control your blood pressure

High blood pressure is the biggest risk factor for stroke. So check your blood pressure frequently, and make sure you are doing everything you can to keep it in a healthy range.

### Diet

Next, make sure you're eating a healthy diet. Choose fresh, nutritious foods. Eat fresh fruit and vegetables and whole grains. Choose poultry and fish rather than red meat or processed meats. Limit salt, fat and added sugars.

### Exercise

Along with eating a healthy diet, get regular exercise. It's good for your heart and your brain. You need to keep your weight at a healthy level, and exercise helps you do this. Talk to your doctor about the activities that you can do safely.

### Other health concerns

Work on getting your cholesterol levels under control. If you have diabetes, make sure you're managing it properly. Diet and exercise can help with these issues. But if you're still having trouble, talk to your doctor about medications that can help you.

### Conclusion

By adopting a healthier lifestyle and following your doctor's plan, you'll soon be on the path to better brain health.

