

STROKE PREVENTION

Regular Exercise



Keeping your body active and at a healthy weight will greatly reduce your risk of a stroke. For adults, doctors recommend 2 hours and 30 minutes of moderate exercise, like a brisk walk, per week.



Balanced Diet

Ensuring that you have a balanced diet with lots of fruits and vegetables, as well as eating foods low in saturated fats and cholesterol, will decrease your risk of a stroke.



Regular Health Check-ups

Make sure to get your blood pressure checked regularly. Having blood tests done and, if applicable, managing your diabetes are good ways to check for signs of a stroke early.

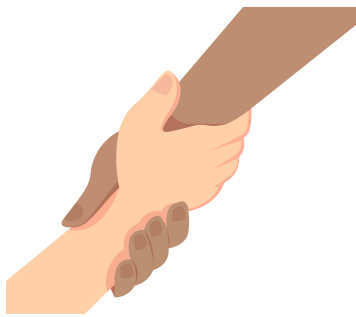
Strokes don't see age

34%

Strokes can affect anybody. In 2009, 34% of people that were hospitalized for a stroke were younger than 65 years old



First Aid for Strokes



In the unfortunate case that you, or somebody you know, suffer a stroke, use the following procedure:

1. Call emergency services. If you are suffering a stroke, have somebody else call them for you
2. Make sure that the person suffering from a stroke is in a comfortable position, preferably lying down on one side with their head slightly raised, and that they are breathing
3. Keep them warm with a blanket and don't give them anything to eat or drink
4. When the emergency operator arrives, tell them when symptoms started and what they were

