



# Preserving your Brain Health: A Checklist for Stroke Prevention

Stroke is the #5 cause of death – but you have the power to reduce your risk. Use the checklist below to help reduce your stroke risk – and preserve your brain health. Every box you check can help make a difference!

## Manage Your Blood Pressure

High blood pressure is a major risk factor for stroke. Work with your healthcare provider to keep your blood pressure under 120/80.

## Manage Your Cholesterol

Have your cholesterol checked regularly and know your numbers. Healthy lifestyle habits can help bring high cholesterol down to goal. Eat at least 5 fruits & vegetables per day and consume whole grains and proteins.

## Know Your Blood Sugar

Have your blood sugar tested regularly. Some people have diabetes and don't know it until something like a stroke happens.

## Do Not Smoke

Cigarette smoking increases the risk of stroke. If you smoke, talk with your healthcare provider about how to quit.

## Get Moving

Physical activity reduces the risk of high blood pressure, high cholesterol and diabetes and may prevent stroke. Aim for 150 minutes of physical activity per week. Even short bouts of physical activity have positive effects.

## Limit Alcohol

Limit to one drink a day for women or two drinks a day for men. If you don't drink now, don't start.

## Reduce Stress

Chronic stress elevates blood pressure and can increase your risk of stroke. Practice deep breathing and positive thoughts.

## Act F.A.S.T.

Remember to Act F.A.S.T. if you experience signs of a stroke.





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Notes:

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