STROKE PREVENTION

PREVENTION TIPS... DID YOU KNOW?

Byron Ford, Ph.D.
Neuroscience Institute
Department of Anatomy and Neurobiology

Roger Simon, Ph.D.
Neuroscience Institute
Department of Anatomy and Neurobiology

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.

Stroke is a medical emergency...know these warning signs of stroke and teach them to others. Every second counts:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Call 911 immediately if you experience symptoms!
Time lost is brain lost!

What risk factors can I control or treat with my doctor's help?

High blood pressure, Smoking, Diabetes, Carotid or other artery disease, Atrial fibrillation Transient ischemic attacks (TIAs or "mini strokes"), Certain blood disorders, High blood cholesterol Physical inactivity and obesity, Excessive alcohol and Illegal drug use.

- Prevent and control high blood pressure through active lifestyle
- Reduce risk through weight loss and regular physical activity
- Not smoking
- Preventing and treating high blood cholesterol by eating a diet low in saturated fat and cholesterol and higher in fiber
- Limit alcohol use
- See doctor to check for Atrial fibrillation or irregular heart beat, which may cause clots to the brain