



can cause a stroke. The following are the most common risk factors for stroke:

- **High blood pressure** (hypertension). High blood pressure is the most common risk factor for stroke. It can damage the arteries and lead to a stroke.
- **High cholesterol**. High cholesterol can lead to the buildup of plaque in the arteries, which can narrow the arteries and lead to a stroke.
- **Diabetes**. Diabetes can damage the arteries and lead to a stroke.
- **Smoking**. Smoking can damage the arteries and lead to a stroke.
- **Obesity**. Obesity can lead to high blood pressure, high cholesterol, and diabetes, which can all lead to a stroke.
- **Family history**. If you have a family history of stroke, you are at a higher risk of having a stroke.
- **Age**. The risk of stroke increases with age.
- **Sex**. Men are at a higher risk of stroke than women.
- **Heart disease**. Heart disease can lead to a stroke.
- **Stroke**. If you have had a stroke before, you are at a higher risk of having another stroke.

There are many things you can do to reduce your risk of stroke. These include:

- **Controlling your blood pressure**. If you have high blood pressure, your doctor will prescribe medication to help you control it.
- **Controlling your cholesterol**. If you have high cholesterol, your doctor will prescribe medication to help you control it.
- **Controlling your diabetes**. If you have diabetes, your doctor will prescribe medication to help you control it.
- **Quitting smoking**. Quitting smoking can significantly reduce your risk of stroke.
- **Managing your weight**. If you are overweight or obese, losing weight can reduce your risk of stroke.
- **Eating a healthy diet**. Eating a diet that is low in saturated fat, cholesterol, and sodium can reduce your risk of stroke.
- **Exercise regularly**. Exercise can help you control your blood pressure, cholesterol, and diabetes, and it can also help you maintain a healthy weight.
- **Take your medications as prescribed**. If you are taking medication for any of the risk factors listed above, it is important to take it as prescribed.

If you are concerned about your risk of stroke, talk to your doctor. They can help you assess your risk and recommend the best course of action for you.

Stroke prevention tips:

- **Know your numbers**. Get your blood pressure, cholesterol, and blood sugar checked regularly.
- **Don't smoke**. Smoking is a major risk factor for stroke.
- **Exercise regularly**. Aim for at least 30 minutes of moderate exercise most days of the week.
- **Eat a healthy diet**. Focus on fruits, vegetables, whole grains, and lean protein.
- **Limit alcohol**. Drink in moderation.
- **Manage stress**. Stress can contribute to high blood pressure and other risk factors.
- **Take your medications**. If you are prescribed medication, take it as directed.
- **Know the signs and symptoms of stroke**. If you experience any of the following, call 911 immediately: sudden weakness or numbness in the face, arm, or leg; sudden confusion or trouble speaking; sudden trouble seeing in one or both eyes; sudden trouble walking; sudden dizziness or loss of balance; sudden severe headache.

Stroke is a serious condition, but it can be prevented. By taking these steps, you can significantly reduce your risk of stroke.

Stroke prevention tips (continued):

- **Don't drink and drive**. Alcohol can impair your judgment and reaction time, making it more likely that you will have an accident.
- **Use your seat belt**. Buckle up every time you get in a car.
- **Don't use drugs**. Illicit drugs can increase your risk of stroke.
- **Get a flu shot**. The flu can lead to complications that increase your risk of stroke.
- **Stay up to date on your vaccinations**. Some vaccines can help protect you from infections that can lead to stroke.
- **Don't take over-the-counter medications without talking to your doctor**. Some over-the-counter medications can interact with your other medications or increase your risk of stroke.
- **Don't take herbal supplements without talking to your doctor**. Some herbal supplements can interact with your other medications or increase your risk of stroke.
- **Don't take prescription medications without talking to your doctor**. Some prescription medications can increase your risk of stroke.
- **Don't take blood thinners without talking to your doctor**. Blood thinners can increase your risk of bleeding.
- **Don't take aspirin without talking to your doctor**. Aspirin can increase your risk of bleeding.
- **Don't take NSAIDs without talking to your doctor**. NSAIDs can increase your risk of bleeding.
- **Don't take statins without talking to your doctor**. Statins can increase your risk of muscle pain and weakness.
- **Don't take beta-blockers without talking to your doctor**. Beta-blockers can increase your risk of fatigue and dizziness.
- **Don't take ACE inhibitors without talking to your doctor**. ACE inhibitors can increase your risk of cough and shortness of breath.
- **Don't take diuretics without talking to your doctor**. Diuretics can increase your risk of dehydration and electrolyte imbalance.
- **Don't take calcium channel blockers without talking to your doctor**. Calcium channel blockers can increase your risk of constipation and dizziness.
- **Don't take nitroglycerin without talking to your doctor**. Nitroglycerin can increase your risk of headache and dizziness.
- **Don't take insulin without talking to your doctor**. Insulin can increase your risk of hypoglycemia.
- **Don't take thyroid medication without talking to your doctor**. Thyroid medication can increase your risk of hyperthyroidism.
- **Don't take hormone therapy without talking to your doctor**. Hormone therapy can increase your risk of blood clots and stroke.
- **Don't take birth control pills without talking to your doctor**. Birth control pills can increase your risk of blood clots and stroke.
- **Don't take hormone replacement therapy without talking to your doctor**. Hormone replacement therapy can increase your risk of blood clots and stroke.
- **Don't take testosterone therapy without talking to your doctor**. Testosterone therapy can increase your risk of blood clots and stroke.
- **Don't take anabolic steroids without talking to your doctor**. Anabolic steroids can increase your risk of blood clots and stroke.
- **Don't take performance-enhancing drugs without talking to your doctor**. Performance-enhancing drugs can increase your risk of blood clots and stroke.
- **Don't take any medications without talking to your doctor**. Your doctor needs to know everything you are taking to make sure they are safe and effective for you.

Stroke prevention is a lifelong process. By following these tips, you can significantly reduce your risk of stroke and live a healthier, longer life.

Stroke prevention tips (continued):

- **Don't take any medications without talking to your doctor**. Your doctor needs to know everything you are taking to make sure they are safe and effective for you.
- **Don't take any supplements without talking to your doctor**. Some supplements can interact with your other medications or increase your risk of stroke.
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