

STROKES AND YOUR BRAIN HEALTH

Keeping a brain healthy can help reduce your risk for **STROKE**, a leading cause of death and no 1 preventable cause of disability.

BY THE NUMBERS



Every 40 seconds someone has a stroke



55,000



About 55,000 more women than men have a stroke each year



1 in 4 strokes are in people who have had a previous stroke

STROKE AND BRAIN HEALTH RISK

Stroke and early mental decline in mid-life have been linked to unhealthy lifestyles.

3 out of 5 Americans will develop a brain disease in their lifetime.



No. 5

Cause of Death in USA



80% OF ALL STROKES CAN BE PREVENTED

Maintain a healthy body to have a sharp mind and healthy brain while reducing your risk for stroke and heart disease.

GET ENOUGH SLEEP.

For adults 7-8 hours per day, more for teenagers and children.



BE SOCIALLY ACTIVE.

Observational studies have shown that people with poor social support or networks are at higher risk for stroke and heart disease.



EAT HEALTHY.

RECOMMENDED DAILY LIMIT
1500mg
SODIUM



EXERCISE.



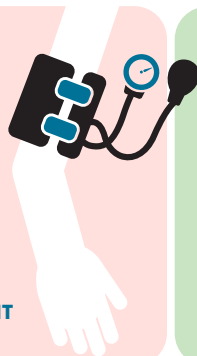
DAILY ACTIVITY



GET REGULAR CHECKUPS.

Schedule regular visits with your doctor and talk to your doctor about your risks and ways to reduce them.

HIGH BLOOD PRESSURE CAN LEAD TO COGNITIVE IMPAIRMENT



DON'T SMOKE — IF YOU SMOKE, STOP.



HOW CAN I LEARN MORE?

- 1 Talk to your doctor, nurse or other healthcare professional
- 2 Call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org



Together to End Stroke™

