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

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

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

EAT HEALTHY. EXERCISE.
Recommended daily limit: 1500mg sodium.

DON’T SMOKE — IF YOU SMOKE, STOP.

BY THE NUMBERS

- Every 40 seconds someone has a stroke
- 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
- 3 out of 5 Americans will develop a brain disease in their lifetime

STROKE AND BRAIN HEALTH RISK

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

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.

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.


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