

SUNDAY MORNING Health Corner

Stroke Prevention

Someone in the United States has a stroke every 40 seconds. A stroke occurs when blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. As a result, a stroke can cause permanent brain damage, long-term disability, or even death.

African Americans are 50 percent more likely to have a stroke and have the highest death rate from strokes. Obesity, hypertension, high cholesterol, diabetes and cigarette smoking are some of the risk factors. **More than two-thirds of Black Americans have at least one risk factor for a stroke.**

What can you do to prevent a stroke?

- Eat a healthy diet with fruits and vegetables
- Reduce salt in your diet
- Maintain a healthy weight
- Increase physical activity
- Don't smoke
- Limit alcohol consumption
- Manage stress

SPOT A STROKE™
F.A.S.T.



Signs and symptoms of a stroke can vary. Remember, a stroke is an emergency! Call 911, if you are experiencing one or more signs. Follow the F.A.S.T. response.



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