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

40 Every 40 seconds someone has a stroke

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

No. 5 Cause of Death in USA

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.

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.

7-8 hours per day

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**

SALT

EXERCISE.

30 minutes 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

American Heart Association | American Stroke Association

Together to End Stroke™

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Sources: Statistics from the American Heart Association/American Stroke Association, World Health Organization, and Centers for Disease Control and Prevention, American Heart Association
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