

# How do I reduce my risk for stroke?

## FIRST, KNOW THE RISK FACTORS.

This year 795,000 Americans of all ages will suffer stroke. It's the 3rd leading cause of death in the US.

While some risk factors can't be controlled (such as family history, increasing age, ethnicity and having had a TIA or mini-stroke), some are preventable, such as:

- **BEING OVERWEIGHT OR OBESE**
- **SMOKING**
- **NOT BEING PHYSICALLY ACTIVE**
- **DIABETES**
- **HIGH BLOOD PRESSURE (140/90 or higher)**
- **HIGH CHOLESTEROL**
- **CAROTID ARTERY DISEASE**
- **ATRIAL FIBRILLATION**
- **STRESS**
- **HORMONE REPLACEMENT THERAPY**

## SECOND, TAKE ACTION!

The following simple actions can help reduce your risk.

<b>EAT HEALTHY.</b>	Start making small changes in your diet. Reduce your sodium intake and eat more fruits and vegetables.	Need the help of a nutritionist? York Hospital's Heart Health Institute can help! Call 207-351-3700 or e-mail <a href="mailto:hhi@yorkhospital.com">hhi@yorkhospital.com</a> !
<b>START PHYSICAL ACTIVITY.</b>	Try to get at least 30 minutes of exercise per day. Go for a walk or join a gym!	York Hospital's Heart Health Institute offers several fitness programs including aerobics, weight training and Yoga! Call 207-351-3700 or e-mail <a href="mailto:hhi@yorkhospital.com">hhi@yorkhospital.com</a> !
<b>IF YOU SMOKE, STOP!</b>	Talk to your doctor about methods to help you quit, or join a local smoking cessation program.	Learn more about York Hospital's Smoking Cessation Program at 207-351-3700 or e-mail <a href="mailto:hhi@yorkhospital.com">hhi@yorkhospital.com</a> !
<b>VISIT YOUR DOCTOR REGULARLY.</b>	Talk to your doctor about your risk factors, diabetes management and cardiac care.	Need a doctor? York Hospital's Care Access Nurse can provide information on primary care providers and specialists in our area. Call (207) 351-2384.

