

# 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.



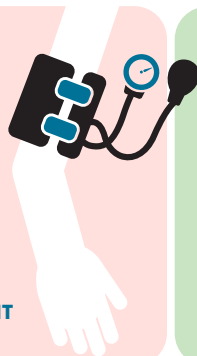
DAILY ACTIVITY



### 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](http://StrokeAssociation.org)



Together to End Stroke™

