HIGH BLOOD PRESSURE IS THE LEADING RISK FACTOR FOR STROKE

A yearly check is a quick and simple step you can take to avoid stroke.

Find out more info at stroke.org.nz
OTHER SIMPLE STEPS TO AVOID STROKE:

- Eat mostly fresh unprocessed foods
- Eat less salt
- If you drink, keep your alcohol intake low
- Move more, sit less
- Manage diabetes
- Check for atrial fibrillation
- Keep a healthy weight
- Be smokefree

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