

# Helping to prevent stroke

**Everyone** (not just people who have already had a stroke) should:

- be aware of stroke risk factors (**see page 25**)
- make an effort to change their lifestyle if necessary to reduce the risk of stroke
- see their doctor for regular check-ups.

## To **AVOID** risk of stroke

- Control high blood pressure (hypertension)
- Blood pressure should be checked regularly by the doctor and medication taken if necessary to help regulate it
- Don't smoke
- While every smoker should quit for the sake of their health it is even more important for a person with high blood pressure
- Eat a healthy diet
- Learn to enjoy food without added salt. Avoid fats, especially those that are solid at room temperature, e.g. cheese, butter, fat on meat. Have five helpings of fresh fruit or vegetables each day (**see next page**)
- Exercise regularly. This is essential at all ages. The minimum is 20 minutes three times a week. Walking is the easiest and best exercise
- Limit the amount of alcohol you drink
- Have no more than two small drinks a day
- Watch your weight
- Maintain a steady weight appropriate for your height and age.