

THE PROACTIVE

Volume 2

Stroke

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A MONTHLY NEWSLETTER

SIGNS of STROKE

Is it a stroke?

It is important to know how to quickly determine if you, or someone around you, is having a stroke. **Think FAST!**



FACE

Does the face look uneven?
Ask them to smile.



ARM

Does one arm drift down?
Ask them to raise both arms.



SPEECH

Does their speech sound strange?
Ask them to repeat a phrase.



TIME

Call 9-1-1 at ANY of these signs.

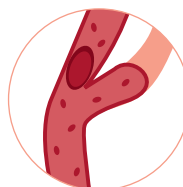
Quick treatment is the most important and most effective way to save your brain cells from long-term damage. Time is the most important factor. Don't panic. Remain calm and swiftly make the call.



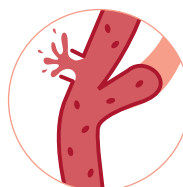
8 Ways to Lower Your Risk of Stroke

A stroke happens when blood flow is suddenly cut off to part of the brain. Strokes happen in one of two main ways:

1. A clot blocks the blood flow to your brain, which is called an "ischemic stroke". About 90% of strokes are ischemic.



2. A blood vessel bursts or leaks in your brain, which is referred to as a "hemorrhagic stroke".



Strokes can happen at any age, but the odds of a stroke climb quickly after middle age. Still, 80% of strokes are preventable. Here's how:

1. Lower your blood pressure

High blood pressure is the number one cause of strokes. Lowering your blood pressure is the single biggest thing you can do to reduce your risk of stroke.

2. Stay away from smoking

Smoking cigarettes and chewing tobacco can thicken your blood and make it more likely to clot and cause fatty buildup in your arteries. Even exposure to secondhand smoke can raise your risk of stroke.

3. Watch your weight

If you're overweight, losing as little as 10 pounds can have a real impact on your risk of stroke.

4. Live an active lifestyle

Exercise not only contributes to losing weight and lowering blood pressure, but also stands on its own as a stroke reducer.

5. Treat circulatory issues

Circulatory issues, such as peripheral artery disease and sickle cell disease, can narrow and block arteries, increasing the risk of stroke.

6. Manage blood sugar and cholesterol

High blood sugar and cholesterol can damage your blood vessels, leading to greater risk of stroke.

7. Consume alcohol in moderation

Consuming more than two drinks per day sharply increases the risk of stroke.

8. Adopt a low-sodium, high-potassium diet

Lowering your salt intake and getting enough potassium has been shown to help reduce blood pressure.



Questions? Please call: 1-877-635-9545