

Blood Pressure: Normal blood pressure should be less than 120/80. You might not 'feel' high blood pressure, known as hypertension, but there can be serious effects if it remains consistently high, including a significant increased risk of stroke.

Cholesterol: Dyslipidemia, known as 'high cholesterol', may also cause a stroke. Cholesterol deposits build up inside arteries, blocking them and causing increased blood pressure and other problems.

Diabetes: Poorly controlled diabetes damages the small blood vessels in your brain. Normal fasting blood sugar should be between 4 and 7.

Atrial Fibrillation: In atrial fibrillation, the heart's upper chambers (the 'atria') quiver instead of beating effectively, causing blood pooling and clots.

Tobacco Use: Tobacco damages blood vessels. Stop smoking to reduce your risk of stroke by half after 2 years of being smoke-free.

Diet: Keep your total daily sodium intake to less than 1500 mg. Read food labels when purchasing processed food.

Alcohol: Heavy alcohol use increases your risk of stroke through a number of mechanisms. Drink in moderation.

Obesity: Extra weight, especially around the middle, increases your risk of stroke and heart attack.

Physical Activity: Being physically-active reduces your risk of heart attack and stroke, makes your heart stronger, helps control your weight and blood pressure, and can even improve your mood.

Metabolic Syndrome: If you have at least 3 of the 5 listed conditions, you have metabolic syndrome, and are at increased risk for stroke and heart disease: abdominal obesity, high triglycerides (or are taking medication for same), low HDL, hypertension (or are taking anti-hypertensive medication), high blood sugar (or are taking diabetic medication).

STROKE IN A



- ♥ Ask your OH&S practitioner.
- ♥ Talk to your family doctor.
Find one if you need one:
<http://www.cpsa.ab.ca/PhysicianSearch/AdvancedSearch.aspx>
- ♥ Contact the Stroke Program,
Edmonton Area (780.407.3041).

Call the Heart and Stroke Foundation of Alberta (780.451.4545) or visit their website: www.heartandstroke.ab.ca

