



Lifestyle Changes To Prevent Stroke

Healthy lifestyle in a population with high cardiovascular risk and no history of stroke was shown to be associated with a 70% stroke risk reduction. The gap between developed countries with reduced and developing countries with increased stroke incidence further supports the importance of healthy lifestyle and diet.



High blood pressure -Make control your goal.
Get your blood pressure checked regularly and work with your healthcare provider to manage it if it's high.



Take your medicine as directed.



Tobacco use-
If you don't smoke, don't start.
If you do smoke get help to quit.
Avoid second-hand smoke.



Unhealthy diet-
Improve your eating habits. Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.



Physical inactivity-
Recommend adults engage in moderate intensity exercise for 2 hours and 30 minutes every week.



Obesity-
Reach and maintain a healthy weight.

Reference :

AHA/ASA (2016) .retired

from:http://www.strokeassociation.org/idc/groups/stroke-public/@wcm/@hcm/documents/downloadable/ucm_309712.pdf

【本衛教單僅供衛教宣導用，圖文內容若有侵犯著作權，請惠予告知本院】