

Risk Factors for Stroke

Mini-strokes.

(transient ischemic attacks or TIAs)

When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

High blood pressure.

The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

Diabetes.

Control the symptoms of diabetes with proper diet, exercise and medication.

Obesity.

Excess weight puts a strain on the entire circulatory system. It can also make people more likely to have high cholesterol, high blood pressure and diabetes, all of which can increase stroke risk.

Smoking.

Smoking increases risk of stroke by two to four times.

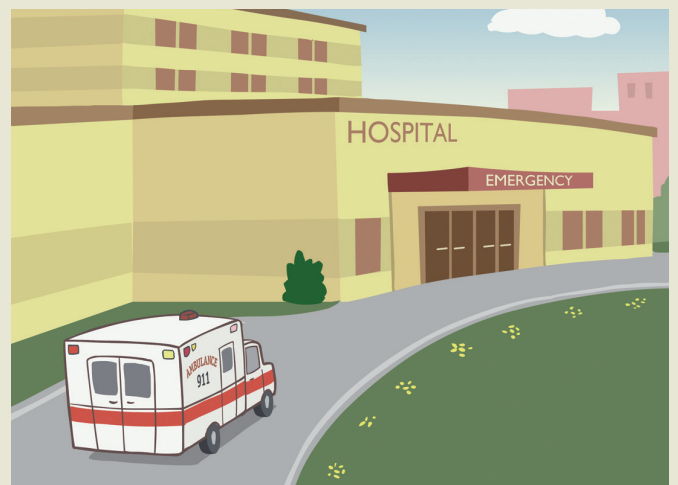
Another Way to Remember Stroke Symptoms:

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

You Can Beat a Stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

Tip: Go in an ambulance!



Save time. Be seen faster.

For more information, visit www.mass.gov/stroke

**Call 9-1-1
at ANY sign of a stroke!**

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

