

- Say **no** to alcohol.
- Be physically active.
- Keep and maintain your blood pressure at a healthy level.
- Keep and maintain your blood sugar at a healthy level.

The role of ASHA in control of heart attack and stroke

Knowing the warning signs of heart attack and stroke and seeking immediate medical help can improve the outcomes. Individuals with any of the signs of heart attack and stroke should be referred immediately to a CHC for assessment and management.

Simple ways of preventing heart attack and stroke are

- The ASHA should ensure that all women and men of 30 years of age and above are screened annually for hypertension and diabetes.
- Blood pressure and blood sugar should be monitored regularly in high-risk individuals – including those with a family history of stroke or heart attack.
- Motivate those with high blood pressure and high blood sugar to change lifestyles and regularly take their medicines.
- Encourage individuals with hypertension and diabetes to avoid refined cereals, sugar, salt and fats in the diet; and eat foods that are high in fibre like fruits, vegetables, whole grains, whole pulses with outer covering and their products.
- Encourage them to incorporate regular and adequate amount of physical exercise in their daily routine.
- Motivate them to avoid the use of tobacco and alcohol.
- Help them maintain healthy weight; people who are overweight need to lose weight.
- Help them adopt strategies to cope with stress (as discussed in the chapter on Stress).
- Emphasise that if there are any signs of heart attack or stroke, she/he should seek immediate medical attention by a qualified health professional at the higher facilities.
- Encourage patients to follow medical advice provided by a qualified health professional and ensure compliance to treatment.

