PREVENTING A STROKE

Although there are effective treatments for strokes, the most effective treatment is to take preventative measures, so your risk level for strokes remains low. The following list contains ways to reduce your chance of stroke, and your overall health.

* **Lower your blood pressure**. High blood pressure increases your risk of a stroke enormously, so reducing it should be a high priority. Performing the following steps is very helpful in reducing your blood pressure:
  + Avoid high cholesterol foods.
  + Eat more fruit and vegetables.
  + Get at least 30 minutes of exercise each day.
* **Lose weight**. A body weight above the healthy range not only increases your risk of stroke, but is also linked to high blood pressure. You should aim to have a BMI (body mass index) of no more than 25. By following the steps to lower your blood pressure, you should also be able to lose weight.
* **Drink – but in moderation**. Believe it or not, but drinking can actually reduce your chance of having a stroke. One glass a day of alcohol is good for you, but any more and your risk will actually increase.
* **Look after your health** **problems**. Diseases and illnesses such as diabetes and irregular heartbeats are indicators of an increases risk of stroke. By monitoring these illnesses, you can keep your stroke chances at a minimum.
* **Improve your overall bodily health**. A stroke is much less likely to occur in a person who follows the following steps:
  + No smoking, or quit smoking as soon as possible. Smoking thickens your blood, which increases the chances of a clot on your brain. Even if you are a smoker, quitting now will reduce your stroke chances significantly.
  + Exercise more. Exercise helps reduce a lot of stroke factors, but is also good at reducing strokes by itself. All adults should aim to exercise to at least moderate intensity (i.e you are breathing hard, but you can still talk) at least five days a week.

If you follow this list, not only will your overall health improve, but your risk of suffering a stroke will decrease very significantly.

SOURCE:

<http://www.health.harvard.edu/womens-health/8-things-you-can-do-to-prevent-a-stroke>