



A MINUTE OF HEALTH WITH CDC

Lower Your Stroke Risk

World Stroke Day — October 29, 2015

Recorded: November 3, 2015; posted: November 5, 2015

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Stroke is among the leading causes of death and disability, worldwide. In the United States, nearly 800,000 people suffer a stroke each year, and more women have strokes than men. In 2013, almost 60 percent of stroke deaths were among women.

High blood pressure is the primary risk factor. A healthy lifestyle can help control blood pressure and prevent stroke. Exercise, eat more fruits and vegetables, and if you smoke, quit. If you don't smoke, don't start.

If you or someone you know is experiencing symptoms of a stroke, get help right away. Immediate treatment can help prevent disabilities and save lives.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.