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

Strokes are among the leading causes of death and disability in the United States. Most often caused by a blockage in an artery that carries blood to the brain, strokes can occur at any age, but are most common in older people.

If you have high blood pressure, high cholesterol, diabetes, or an irregular heartbeat, you are at greater risk for a stroke. To decrease your chances of having a stroke, exercise regularly, eat a healthy diet, limit alcohol consumption, and stop smoking.

If you suspect someone is having a stroke, get help immediately. With timely care, most stroke victims can recover and live a healthy life.

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.