



A MINUTE OF HEALTH WITH CDC

Preventing Strokes

National Stroke Awareness Month, May 2014

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

Strokes are the fourth leading cause of death in the U.S., and they don't just occur in older adults. Anyone can have a stroke at any age. Leading risk factors include high blood pressure, high cholesterol, diabetes, smoking, and a family history of stroke.

Most strokes are preventable. Decrease *your* chances of having a stroke by eating a healthy diet, maintaining a healthy weight, exercising regularly, limiting alcohol consumption, and controlling blood pressure and cholesterol.

As with many health problems, making healthy choices is the key to preventing this common and serious condition.

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.