# A MINUTE OF HEALTH WITH CDC

*Stopping Strokes*
*World Stroke Day – October 29, 2013*
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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Strokes are caused by either an obstruction of blood flow to the brain or bleeding in the brain. Nearly 800,000 strokes occur each year in the U.S. and are among the leading causes of disability. Most strokes *can* be prevented. Controlling blood pressure, cholesterol, and diabetes; maintaining a healthy weight; eating a diet high in fruits and vegetables and low in fat; limiting alcohol consumption; and quitting smoking can all decrease your chances of having a stroke. If you think someone is having a stroke, call 911and get medical help immediately. The chance of survival and recovery is higher if you get treatment right away.

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

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