

OMRON

PREVENT STROKE BEFORE IT STRIKES

Stroke prevention follows a similar principle of controlling risk factors. Up to 80% of strokes can be prevented through healthy lifestyle changes and working with healthcare practitioners to help manage your risks.



MOVE MORE

Do at least 2 1/2 hours of moderate to strenuous exercise each week.



EAT A HEALTHY DIET

Stay away from trans and saturated fats, reduce salt intake, and avoid processed foods.



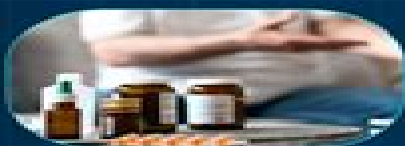
DRINK MODERATELY

Drink in moderation to prevent risk factors caused by alcohol that can lead to stroke.



QUIT SMOKING

For every five cigarettes a person smokes each day, the risk of having a stroke goes up by 1.2%. Quit now.



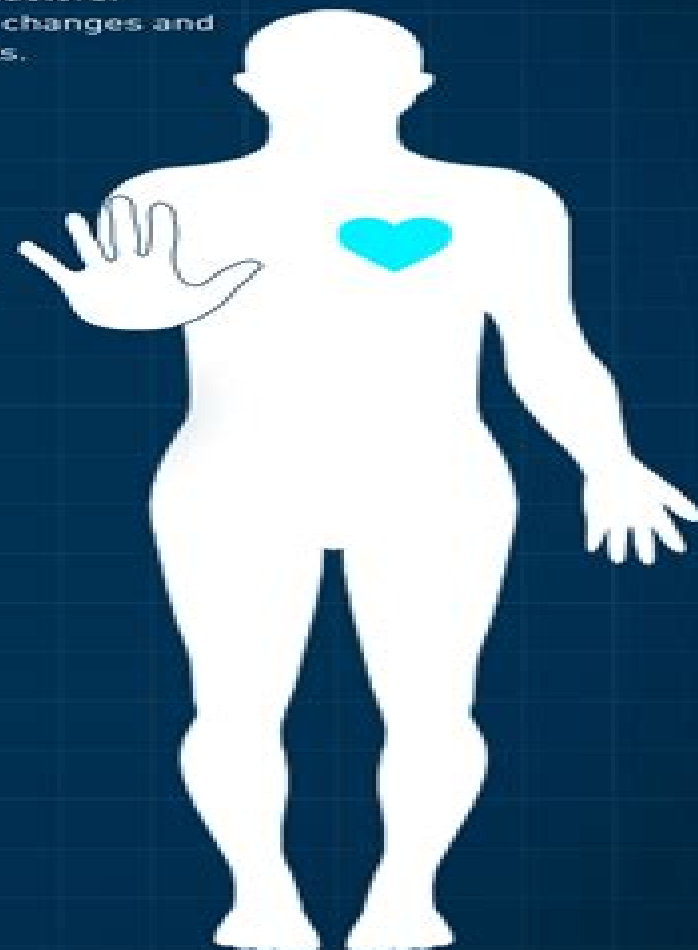
MANAGE OTHER CONDITIONS

Manage heart conditions that can increase your chances of getting a stroke.



CONTROL HIGH BLOOD PRESSURE

Hypertension is a major risk factor for stroke. Up to 40% of all strokes can be prevented with good blood pressure control.



BLOOD PRESSURE FLUCTUATES THROUGHOUT THE DAY.

To keep it in check, monitor it regularly at home.

Heart Attack And Stroke Prevention And Treatment

David Spence, Henry JM Barnett



Heart Attack And Stroke Prevention And Treatment:

Heart Attack And Stroke Prevention And Treatment: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Heart Attack And Stroke Prevention And Treatment : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<http://www.armchairempire.com/results/book-search/default.aspx/Leedle%20Yawcob%20Strauss%20Other%20Poems.pdf>

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