

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.



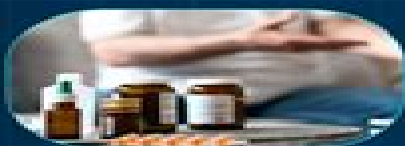
DRINK MODERATELY

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

Ensheng Dong



Heart Attack And Stroke Prevention And Treatment:

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