Top Foods to Reduce Risk of Stroke

- Greens
- Citrus Fruits
- Dark Chocolate
- Nuts
- Tomatoes
- Garlic
- Magnesium & Potassium-rich foods
  (Fruits, vegetables, leafy greens, beans, whole grains, and sweet potatoes are all excellent sources of both magnesium and potassium.)

For more information, call (816) 404-3320, or email chsi@uhkc.org
What is stroke?

A stroke is a “brain attack”. It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. There are nearly 7 million stroke survivors in the U.S. Stroke is the 5th leading cause of death in the U.S. While family history may increase the chance for stroke, up to 80 percent of strokes are preventable.

Stroke Symptoms

**SUDDEN** numbness or weakness of face, arm or leg, especially on one side of the body

**SUDDEN** confusion, trouble speaking, or understanding

**SUDDEN** trouble seeing in one or both eyes

**SUDDEN** trouble walking, dizziness, loss of balance or coordination

**SUDDEN** severe headache with no known cause

Call 9-1-1 immediately if you observe any of these symptoms.

Stroke Risk Factors You Can Change or Treat

**High blood pressure.** This is the single most important risk factor for stroke because it’s the leading cause of stroke. Know your blood pressure and have it checked every year. Normal blood pressure is below 120/80.

**Diabetes.** Having diabetes more than doubles your risk of stroke. Work with your doctor to manage diabetes.

**Smoking.** Smoking damages blood vessels. This can lead to blockages within those blood vessels, causing a stroke. Don’t smoke and avoid second-hand smoke.

**High Cholesterol.** High cholesterol increases the risk of blocked arteries. If an artery leading to the brain becomes blocked, a stroke can result.

**Physical inactivity and obesity.** Being inactive, obese or both, can increase your risk of heart disease and stroke.

Other stroke risk factors can include carotid or other artery disease, transient ischemic attacks (TIAs), atrial fibrillation (AFib) or other heart disease, certain blood disorders or excessive alcohol intake.