Stroke Prevention

Keep a healthy blood pressure less than 120/80

Be active with exercise 30 minutes per day

Know the warning signs of a stroke:

- Sudden numbness or weakness of the 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 or loss of balance
- Sudden severe headache with no known cause

Don't smoke

Don't drink alcohol

Take all medication as ordered by your healthcare provider

Eat a healthy diet low in salt and fat

Decrease the stress in your life

This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

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Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

May is Stroke Awareness Month

If you or anyone you know has warning signs of a stroke, please call 911 immediately!