

9 Tips To Prevent A Stroke



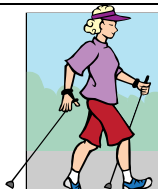
Know your blood pressure. If your blood pressure is high, talk to your doctor about how to control it.



Avoid excessive salt on your food. Check the labels on packaged food.



Smoking increases your risk of having a stroke.



Walk or exercise for one half hour 3 times a week.



If you must sit for long periods of time, stretch your legs every two hours.



Maintain a healthy weight.



Eat a healthy diet, high in fruits and vegetables and low in fats.



If you have diabetes, work to keep your blood sugar in normal range.



If you have signs of a stroke, go to the emergency room, even if the symptoms pass.

Tips from http://www.ninds.nih.gov/disorders/stroke/preventing_stroke.htm

Aphasia is difficulty speaking after a stroke, head injury or brain tumor. To learn more, go to <http://www.aphasianyc.org>