

# Be Proactive in Preventing A Stroke

## Take charge of your health

Do you know if you have any of these risk factors for stroke?

- High blood pressure
- Diabetes
- High cholesterol levels
- Excessive alcohol use
- Physical inactivity (obesity)
- Smoking (tobacco)

## Know your numbers

It is easy to tell if you are on your way to good health. Achieving these target numbers and lifestyle changes will reduce the chance of stroke, heart disease and diabetes.

### Lipid Profile

A blood test that measures the different fats in the blood. These fats can cause blockages in the arteries. Goals:

- Total Cholesterol = 180 or less
- LDL (bad cholesterol) = 100 or less *[70 or less if you have diabetes or heart disease]*
- HDL (good cholesterol) = 40 or higher for men, 50 or higher for women
- Triglycerides = 150 or less

### Blood Pressure

Systolic Pressure / Diastolic Pressure  
(The heart beats) (The heart is at rest)  
Goal: 120/80 or less

### Blood Sugar

A fasting blood sugar (glucose) is a blood test to diagnose diabetes. Elevated blood sugar means diabetes. Goals:

- Fasting Blood Sugar = less than 100
- Hemoglobin A1C = less than 5.7%  
*Prediabetes if A1C is 5.7% to 6.4% or FBS is 100-125*  
*Diabetes if A1C is 6.5% or higher or FBS > 125*

## Body Mass Index (BMI) and Waist Circumference

BMI is a measure of body shape based on weight and height, and thus can be a reflection of obesity.

$$\text{BMI} = \frac{(\text{weight in pounds})}{\text{height in inches}^2} \times 703$$

- Goal:
- BMI Goal = 18.5 – 24.9
  - Waist Circumference Goal: Men 40 inches or less, Women 35 inches or less

## Control your numbers

The nice thing about your body is that it's under your control. If your numbers aren't where they should be, here's how to get them there.

### Deflate the Weight

Excess weight puts extra work on the heart and body. It increases the chance of having a stroke, heart disease, diabetes, arthritis, some cancers, breathing problems and sleep apnea.

### Be Active

Lack of physical activity causes weight gain, and increases your chances of diabetes and heart disease. Aim for: Non-stop physical activity 30 minutes for most days of the week and weight training or resistance training 15 minutes twice a week. Consult a physician before starting an exercise program.

### Commit to Quit

Smoking is a significant preventable risk factor for stroke, as well as heart and lung disease. The chemicals in cigarettes and other tobacco products are damaging to the arteries in the body as well as to the lungs.

Stop all tobacco products and avoid second hand smoke.

For information on medications or nicotine replacement therapy, contact your physician.

For help quitting: Call the QuitLine, 1-800-639-7848