

Let's Talk About Lifestyle Changes To Prevent Stroke

How can I make my lifestyle healthier?

You can do plenty to make your heart and blood vessels healthy, even if you've had a stroke. A healthy lifestyle plays a big part in decreasing disability and death from stroke and heart attack. Here are the steps to take:

- Don't smoke.
- Improve your eating habits.
- Be physically active.
- Take your medicine as directed.
- Get your blood pressure checked and control it if it's high.
- Reach and maintain a healthy weight.
- Decrease your stress level.

- Seek emotional support when it's needed.
- Have regular medical checkups.



How do I stop smoking?

- Make a decision to quit — and commit to stick to it.
- Ask your healthcare professional for information and programs that may help.
- Fight the urge to smoke by going to smoke-free facilities. Avoid staying around people who smoke.
- Keep busy doing things that make it hard to smoke, like working in the yard.
- Remind yourself that smoking causes many diseases, can harm others and is deadly.
- Ask your family and friends to support you.

How do I change my eating habits?

- Ask your doctor, nurse or a licensed nutritionist for help.
- Be aware of your special needs, especially if you have high blood pressure, high cholesterol or diabetes.
- Avoid foods like egg yolks, fatty meats, butter and cream, which are high in fat and cholesterol.
- Eat moderate amounts of food and cut down on saturated fat, sugar and salt.
- Bake, broil, roast and boil (don't fry) foods.
- Avoid most "fast food" and read nutrition labels on packaged meals.
- Limit alcohol to one drink a day.
- Eat more fruit, vegetables, cereals, dried peas and beans, pasta, fish, poultry and lean meats.

What about physical activity?

- Check with your doctor before you start.
- Start slowly and build up to at least 30 minutes of moderate physical activity a session five or more days a week.
- Try new types of physical activity for home activities — dancing, weight training, warm-water exercise, tai chi or specialized videotapes.
- Physical activity reduces your risk of heart attack and stroke and makes your heart stronger.
- It helps control your weight and blood pressure, helps you relax and can improve your mood.
- Look for even small chances to be more active. Take the stairs instead of an elevator and park farther from your destination.

How can I learn more?

- Talk to your doctor, nurse or other healthcare professionals. Ask about other stroke topics. This is one of many *Let's Talk About Stroke* fact sheets.
- For more information about stroke, or to get more fact sheets, call the American Stroke Association at 1-888-4-STROKE (1-888-478-7653) or visit us online at StrokeAssociation.org.
- If you or someone you know has had a stroke, call the American Stroke Association's "Warmline" at 1-888-4-STROKE (1-888-478-7653) and:
 - ✓ Speak with other stroke survivors and caregivers trained to answer your questions and offer support.
 - ✓ Get information on stroke support groups in your area.
 - ✓ Sign up to get *Stroke Connection*, a free magazine for stroke survivors and caregivers.

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your healthcare provider:

What is the most important change I can make?

What kind of physical activity can I do safely?

What if I go back to bad habits?



The American Stroke Association is a division of the American Heart Association. Your contributions will support research and educational programs that help reduce disability and death from stroke.

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