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What can I do to prevent a stroke?

There are many things one can do to reduce the chances of having a stroke. These include regular exercise, eating a healthy diet, and controlling factors that would increase the chances of having a stroke. These factors include high blood pressure, high cholesterol, and diabetes. Some people may also benefit from taking blood thinners such as aspirin and at times stronger blood thinners such as anticoagulants to reduce the chances of stroke.

What are the signs and symptoms of stroke and what should I do if I feel I have any of them?

Stroke is the result of a sudden interruption of blood supply to an area of the brain due to a blockage of a vessel. Common signs and symptoms of stroke include: droopy face, weakness on one side of the body (arm or leg or both), numbness on one side of the body (arm or leg or both), slurred speech, inability to talk or understand, confusion, imbalance, vision loss on one side or in one eye, or a sudden severe headache. An important characteristic of stroke is that the signs and symptoms occur suddenly. If any of these symptoms occur, patients, family, or bystanders should call 911 and the patient should be brought emergently to a hospital where treatments can be administrated. The faster these treatments are administered, the better the chances of recovering from the stroke.

Megan Mills

Why is knowing my numbers (blood pressure, cholesterol, BMI) so important?

It is important to routinely check your numbers such as blood pressure, cholesterol, blood sugar, and body mass index as keeping these under control with lifestyle modifications (such as a healthy diet and regular exercise) and at times medications, has been shown to reduce the chances of having a stroke.

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