

# 7 steps to reduce your risk for a stroke

Learn to recognize the warning signs of a stroke: a sudden numbness, or weakness of the face, arm, or leg, especially on one side of the body; sudden trouble speaking or seeing; loss of balance; and a sudden severe headache with no apparent cause.

Here are 7 steps to reduce your risk of stroke—a blockage or bleeding in your brain:

1. Keep your blood pressure, blood sugar, and blood cholesterol in the normal range.
2. Be physically active.
3. Maintain a healthy weight.
4. Eat a healthy diet.
5. Avoid cigarette smoke. If you smoke, seek help to stop.
6. Avoid or limit alcohol.
7. Take care of your heart. Treat heart disease.

**Stroke is a call-911 medical emergency!**

