

Do you know your
stroke risk factors?



STROKE RISK FACTORS

Modifiable risk factors can be changed to help prevent a stroke!

Talk to your doctor about stroke prevention right away.

Risk factors that can not be changed.

- Gender
- Age
- Family History
- Prior stroke or transient ischemic attack (TIA)
- Race

Risk factors that can be changed.

- **Coronary artery disease (CAD)**
- Abnormal heartbeat / **atrial fibrillation**
- **Diabetes**
- **Sickle cell** disease
- 20 pounds or more **overweight**
- **Sleep apnea**
- Blood pressure higher than **140/90 mm Hg**
- Total cholesterol level **240 mg/dL** or higher
- No/limited **physical inactivity**
- Use of **tobacco**
- **Diet** that is high in fat and/or salt
- Drink **alcohol** more than one to two times a day
- **Drug** use