

Preventive tips to keep you healthy... from New London Hospital.

Stroke Awareness & Prevention *part 2*

A stroke is a frightening and often life-changing experience. Stroke is the third leading cause of death in America, and the number one cause of adult disability.

Prevention is your best weapon against stroke.

Medical researchers believe that most deaths from stroke can be prevented. The key risk factors you can minimize by taking good care of your health include: high blood pressure, cigarette smoking, heart disease, high cholesterol, excessive weight or alcohol use.

Risk factors that can't be controlled include personal or family history of stroke or age. In addition to making lifestyle changes, people diagnosed with heart conditions or hardening of the arteries may benefit from prescription drugs or preventive procedures to lower their stroke risk. By seeing your healthcare provider for regular checkups, you can get help with assessing and reducing your risk.

What causes a stroke?

Most strokes are caused by blood clots that block one of the arteries carrying blood to the brain. Often these clots form in arteries hardened by fatty deposits called plaque, or are caused by a heart condition called atrial fibrillation. These are the most preventable types of strokes.

A much less common type of stroke is caused by hemorrhages, which occur when blood vessels in the head break and bleed. This type of stroke has a higher mortality rate. Hemorrhages can result from a head injury or from abnormal swelling due to uncontrolled high blood pressure or a weak spot in an artery wall (an aneurysm).

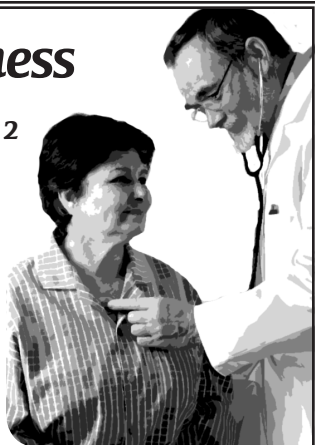
For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



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Sources: National Stroke Association;
American Heart Association

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