

6 Key Ways to Prevent Stroke



Together, these steps address most of the modifiable stroke risk factors — giving you powerful tools for prevention.



MANAGE YOUR BLOOD PRESSURE

High blood pressure is the #1 cause of stroke. Monitor it regularly, reduce salt intake, stay active, and follow your doctor's advice if you're on medication.



QUIT SMOKING

Smoking doubles your stroke risk. Quitting improves blood vessel health almost immediately and continues to lower risk over time.



EAT A HEALTHY, BALANCED DIET

Focus on fruits, vegetables, whole grains, lean protein, and healthy fats. A stroke-prevention diet is also heart-healthy and anti-inflammatory.



GET ACTIVE

Just 30 minutes of movement a day — walking, stretching, biking — improves circulation, lowers blood pressure, and supports brain health.



CONTROL DIABETES AND CHOLESTEROL

If you have diabetes or high cholesterol, keeping your numbers in a safe range is crucial. Work with your healthcare provider to stay on track.



LIMIT ALCOHOL INTAKE

Drinking too much raises blood pressure and weakens blood vessels. If you drink, do so in moderation: no more than one drink a day for women, two for men.

Most strokes don't come out of nowhere — they build silently over time. High blood pressure, poor diet, smoking, and lack of movement are all common contributors. But many people don't realize they're at risk until it's too late.

Small changes in what you know today can shape what your life looks like tomorrow.

Nearly 1 in 4 strokes happen to someone who has had one before. Prevention is key.