

# STROKE PREVENTION

PROTECT YOUR BRAIN. PROTECT YOUR FUTURE.



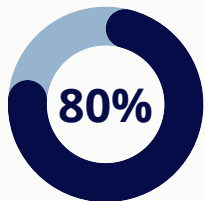
## WHAT IS A STROKE?

A stroke happens when blood flow to the brain is blocked or when a blood vessel bursts. Without oxygen, brain cells begin to die within minutes. A stroke can affect movement, speech, memory, and long-term independence.

## DID YOU KNOW?

Asian Americans are up to **60%** more likely to experience a stroke before age 65 compared to white adults and often with more severe outcomes due to delayed care and underdiagnosis.

In many Asian cultures, “wind illness” is believed to cause sudden weakness or dizziness. While culturally meaningful, these symptoms can also be early signs of stroke and may require immediate medical attention.



## WHY PREVENTION MATTERS

Up to **80%** of strokes are preventable. Taking small steps every day protects your brain, your heart, and your ability to stay connected to the people you love.

## 8 HABITS FOR A HEALTHY BRAIN



### 1. EAT SMART

Eat fruits, veggies, whole grains, and lean proteins. Limit salty foods, sugary drinks, and processed meats.



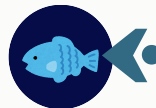
### 2. MOVE MORE

Aim for 20–30 minutes a day. Walking, dancing, gardening — anything that gets you moving.



### 3. MANAGE BLOOD PRESSURE

High blood pressure is the #1 cause of stroke. Know your numbers. Lower salt. Move daily.



### 4. CONTROL CHOLESTEROL

LDL = “bad” cholesterol and HDL = “good” cholesterol. Choose healthy fats: olive oil, nuts, fish.



### 5. MANAGE BLOOD SUGAR

High blood sugar damages blood vessels. Drink water. Eat balanced meals. Stay active.



### 6. HEALTHY WEIGHT

Small changes matter: Smaller portions, more fiber, and less fast food.



### 7. HEALTHY SLEEP

Adults need 7–9 hours. Dim lights. Set a routine. Avoid screens before bed.



### 8. NO TOBACCO / NICOTINE

Smoking doubles stroke risk. Call 1-800-QUIT-NOW for free help.

## KNOW THE SIGNS TO B.E. F.A.S.T

- B** Balance loss
- E** Eyesight changes
- F** Face drooping
- A** Arm weakness
- S** Speech slurred
- T** Time to call 911

## DID YOU KNOW?

American Indian and Alaska Native adults are **7%** more likely to have had a stroke than the overall U.S. population, and Indigenous people often experience strokes at younger ages than non-Hispanic white adults.

**7%**  
MORE  
LIKELY

## PRESENTED IN PARTNERSHIP BY:



CIRCLE OF LIFE  
HOME CARE

Minnesota **Stroke**  
Association

# STROKE PREVENTION

HOW TO TALK TO YOUR DOCTOR.

BRING THESE QUESTIONS TO YOUR NEXT VISIT:

What is my blood pressure?

What is my cholesterol level?

Am I at risk for diabetes?

 Yes No

What changes should I make to lower my stroke risk?

Should I be monitoring anything at home?

## COMMUNITY SUPPORT

### CIRCLE OF LIFE HOME CARE

Culturally grounded home care for diverse communities across Minnesota.

### MN AGING PATHWAYS

Free assistance connecting elders with health care, transportation, benefits, and community services.

### MN BRAIN INJURY ALLIANCE

Support, advocacy, resource navigation, and assistance for individuals experiencing stroke-related brain injuries.

### MN STROKE ASSOCIATION

Education, support groups, and stroke survivor resources.

### TRIBAL ELDER & COMMUNITY PROGRAMS

Many Tribal Nations offer wellness programs, elder services, transportation, and health supports.

### UNITED WAY 211 MN

A resource connecting people to local health, food, housing, financial, and caregiving services.