

# MY MEDICAL HISTORY



## HEALTHY LIVING TO PREVENT STROKE

There are several steps you can take to improve the health of your lifestyle and help reduce your risk for experiencing a stroke.

**FOCUS ON NUTRITION**—Healthy food habits can help reduce 3 stroke risk factors:

1. **Poor cholesterol levels**
2. **High blood pressure**
3. **Excess weight**

The American Heart Association/American Stroke Association offers these recommendations for a healthy diet:

- Eat a diet rich in vegetables & fruits (5 or more servings per day).
- Choose whole-grain, high-fiber foods.
- Eat fish at least twice a week.
- Limit cholesterol, saturated fat & trans fat. Avoid partially hydrogenated oils to reduce trans fats.
- Choose lean meats & poultry that are prepared without using saturated or trans fats.
- Select fat-free, 1% or low-fat dairy products.
- Cut back on drinks & foods with added sugars.
- Choose & prepare foods with little salt (sodium).
- If you drink alcohol, do so in moderation. Limit to 1 drink per day if you're a woman or 2 drinks if you're a man.

**GET PHYSICAL**—Physical activity can help to improve many areas of your health including:

- Heart function & lipid profile
- Blood pressure & resting heart rate
- Risk & severity of diabetes
- Strength, balance, & endurance

**IF YOU SMOKE, STOP!** To help quit, you may want to ask your healthcare professional about nicotine replacement therapy. Your family can help by making sure that any other members of the household who smoke also quit. For more resources, visit [KSquit.org](http://KSquit.org) or call 1-800-QUIT-NOW.



Did you know Heart Health and Brain Health are closely intertwined?

For more information on Brain Health please visit:

[https://dphh.nv.gov/Programs/Alzheimer/Alzheimers\\_Home](https://dphh.nv.gov/Programs/Alzheimer/Alzheimers_Home)

or scan the QR code below



## HELP NEVADA BECOME STROKE SMART



NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH

### BLOOD PRESSURE HISTORY



### CURRENT LIST OF MEDICATIONS

#### Medication Name & Dosage

Medication Name & Dosage

### MEDICAL HISTORY





**STROKE** happens when a clot or rupture interrupts or reduces blood flow to the brain.

**80%**

of strokes can be prevented.



**HIGH BLOOD PRESSURE**

can mean greater **RISK OF STROKE.**



Someone in the United States experience a stroke every **40 SECONDS.**

Every **4 MINUTES**, someone dies of a stroke.

**CALL 9-1-1** for fast treatment or get stroke patient to hospital as quickly as possible.

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## DID YOU KNOW?

May is Stroke Awareness Month

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World Stroke Day is October 29<sup>th</sup>



Nearly **1 in 6** Americans don't know they have high blood pressure.

Keep daily limit of sodium less than **1500 MG** if blood pressure is high.

Normal blood pressure is considered **BELOW 120/80.**



[dpbh.nv.gov](http://dpbh.nv.gov)



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