

3 WAYS TO *prevent* A *Stroke*



3 Ways to Prevent a Stroke



Approximately 795,000 people suffer a stroke each year in the United States alone, as recorded by the Centers for Disease Control and Prevention.^[1] While a lucky few have no memory of the attack, most are left with physical or language impairment and are at a greater risk of experiencing another stroke.

What steps can you take for stroke prevention?

Here are three practices that can greatly decrease your risk of a future or recurrent stroke.

HEALTHY DIET

Instilling a healthy diet early on can help prevent a number of illnesses and attacks, including a stroke. We recommend a low sodium, potassium rich, plant based diet.

Not only can this reduce your chances of a stroke, but it also encourages a low blood pressure and low cholesterol lifestyle! So, what foods should you reach for, and which ones should you avoid?

Low sodium, plant-based, cholesterol free meals are your recipe for success!

A plant and nut-based diet is rich in protein and fiber and is low in saturated fats and sodium. If you're craving meats, keeping them lean is key – go for omega-3 fatty acid rich fish instead of red meats.

Consume foods that are rich in Potassium and Magnesium.

Potassium, found in sweet potatoes, spinach, and bananas, flushes sodium from your system, lowers blood pressure, and relaxes blood vessels. Magnesium, found in greens, whole grains, and nuts, is also linked to lower blood pressure and lessened cardiovascular risk. If you are taking any medications, make sure to talk with your doctor before altering your diet.

What should you avoid?

High sodium, cholesterol rich foods, diet soda, and red meat can increase your risk of stroke by 58%.^[2] Excess sodium and sugar can lead to high blood pressure and cholesterol which increase your chances of an ischemic or hemorrhagic stroke.

EXERCISE & WEIGHT LOSS

A second method of lowering your risk of a stroke is through exercise and weight loss. Just thirty minutes a day can drastically reduce your risk of suffering a stroke as well as lowering your blood pressure and cholesterol.

Losing just 5-10% of your starting weight can lower your risk of a stroke!^[3]

Maintaining a healthy weight through diet and exercise can help to lower your blood pressure, blood sugar, and cholesterol. These three factors, when not kept under control, can heighten your chances of a stroke.

Research from the Stroke Association shows that consistent, moderate exercise can lower your chances of suffering a stroke by 27%!^[4]

Everyone has different levels of endurance, but you should work towards having thirty minutes or more of light to moderate cardio at least five days a week – just remember to listen to your body.



OTHER PREVENTATIVES

What are some other measures you can take to avoid possible strokes in your future?

We have three recommendations: avoid excess drinking, abstain from smoking, and get plenty of sunshine. While these may sound like obvious methods for better health, they can greatly aid in stroke prevention!

Abstain from smoking and heavy drinking.


Studies have found that excessive drinking can lead to a stroke up to five years sooner than those who limit their alcohol consumption. In addition, tobacco usage has been linked to blood clots, which increase the risk of a stroke.

Rest well and enjoy the sunshine!


Studies have shown that getting over six hours of sleep and higher levels of Vitamin D can lessen your risk of a stroke. So enjoy your chances to sleep in, and spend more time in the sunshine – with SPF, of course.

IMPORTANT POINTS

That was a lot of information, we know – but let's review your main takeaways:




Eat well and exercise.



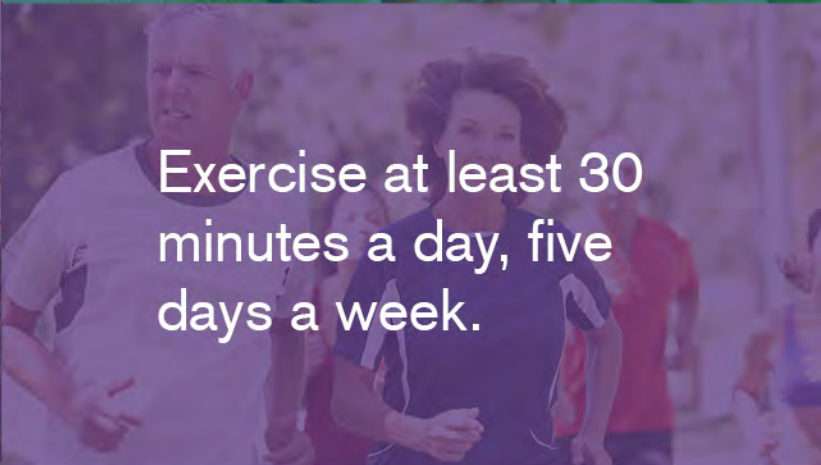
Keep your salt intake at a minimum.



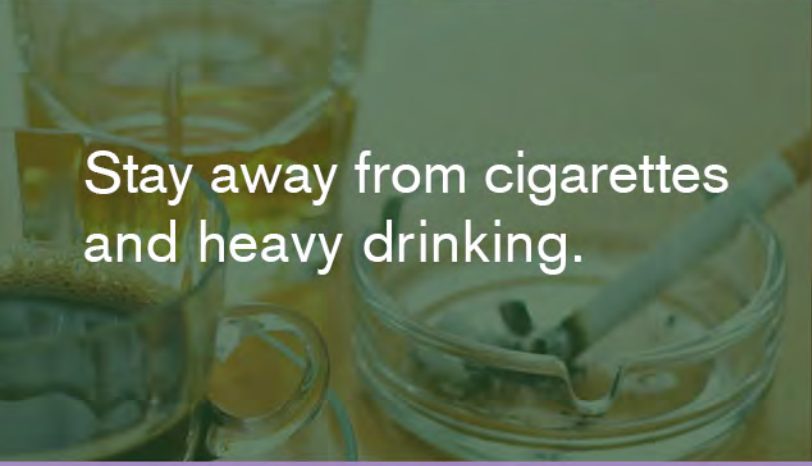
Reach for fruits and vegetables over meats.



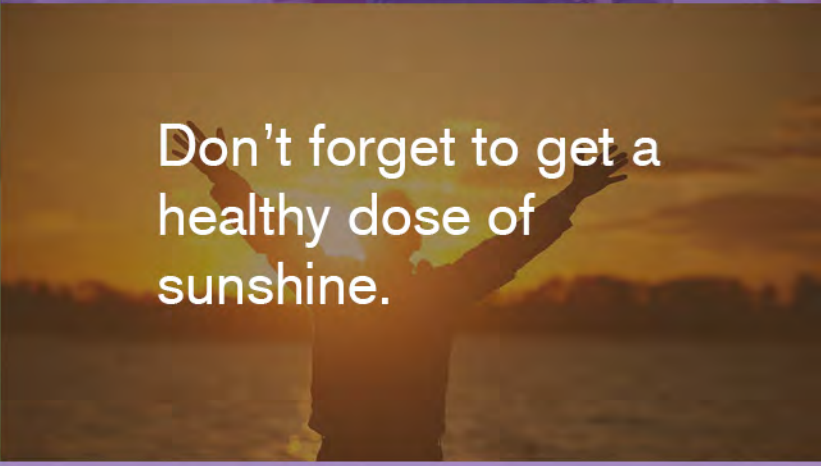
Get your daily doses of Potassium, Magnesium, and Fiber.



Exercise at least 30 minutes a day, five days a week.



Stay away from cigarettes and heavy drinking.



Don't forget to get a healthy dose of sunshine.

Dedicated^{to YOUR} Care

We understand how devastating a stroke can be. That's why we offer a specialized treatment approach for those who have suffered such loss due to a stroke. Contact us today to request a tour or consultation.



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REQUEST A TOUR



Sources Referenced

[1]

<https://www.cdc.gov/stroke/facts.htm>
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[2]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981798/>

[3]

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[4]

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