



Do You Know Your Risk Of Stroke?

(NAPSA)—Taking the time to answer a few questions may help to reduce your risk of stroke. Stroke is the No. 3 cause of death of Americans and is a leading cause of disability.

This year it will strike 700,000 Americans of all ages, genders and ethnicities. A member of your family, a friend or neighbor—even you—could be a victim.

Many Americans are not aware of their stroke risk factors, many of which can be prevented or controlled. You can start to take control by knowing what factors put you at risk. Check all boxes that apply to you.

Age: For every decade after age 55, your chance of stroke doubles.

Family history: Your mother, father, sister, brother or grandparent had a stroke, or your father or brother had a heart attack before age 55, or your mother or sister had a heart attack before age 65.

Previous stroke or TIA: You have had a stroke; or TIA (transient ischemic attack) or “ministroke.”

Blood pressure: Your blood pressure is 140/90 mm Hg or higher (high blood pressure), or a health care professional has said your blood pressure is high, or your blood pressure is 120/80-139/89 mm Hg (prehypertension), or you don’t know what your blood pressure is.

Tobacco smoke: You smoke or live or work with people who smoke tobacco regularly.

Diabetes: You have diabetes (a fasting blood sugar reading of 126 mg/dL or higher), or you need medi-

cine to control your blood sugar, or you have been told you have an impaired ability to control your blood sugar (a fasting blood sugar reading greater than 100 mg/dL).

Total cholesterol: Your cholesterol is 240 mg/dL or higher, or you don’t know your level.

HDL cholesterol: Your HDL, or “good” cholesterol, is less than 40 mg/dL, or you don’t know your HDL cholesterol levels.

Physical activity: Your physical activity level is less than a total of 30 minutes on most days.

Carotid or other artery disease: You have been told you have disease in the carotid arteries (the blood vessels that supply blood to the brain) or you have peripheral artery disease (primarily affects blood vessels of the legs).

Certain blood disorders: You have been told you have a high red blood cell count or sickle cell disease (also called sickle cell anemia).

Atrial fibrillation: You have a heart rhythm disorder called atrial fibrillation.

Other heart disease: You have coronary heart disease or other heart condition(s), or you have had a heart attack.

If you checked one or more boxes, studies show you are at increased risk for stroke. See a health care provider for a complete assessment of your risks. The American Stroke Association offers tools and resources to help in management and understanding of stroke risk factors.

To learn more, call, toll free, 1-888-4-STROKE or visit the Web site at StrokeAssociation.org.