

Protect Your Body...Your Temple

LOWER YOUR RISK FOR STROKE

African-Americans face higher risks of stroke.

The more risk factors you have, the greater your chances of having a stroke.

The best way to prevent a stroke is to reduce your risk factors.

Know the Risk Factors for Stroke:

- ▶ tobacco smoke
- ▶ high blood pressure
- ▶ high cholesterol
- ▶ physical inactivity
- ▶ obesity/overweight
- ▶ diabetes

PROTECT YOURSELF AND YOUR
LOVED ONES... WITH
KNOWLEDGE & ACTION



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