

May 2014: May is National Stroke Awareness Month

Focus on Reducing Stroke Risk

Stroke Prevention Guidelines

1. Know your blood pressure (hypertension)

High blood pressure is a major stroke risk factor if left untreated. Have blood pressure checked yearly by a doctor or at health fairs, a local pharmacy or supermarket or with an automatic blood pressure machine.



2. Identify atrial fibrillation (Afib)

Afib is an abnormal heartbeat that can increase stroke risk by 500 percent. Afib can cause blood to pool in the heart and may form a clot and cause a stroke. A doctor must diagnose and treat Afib.



3. Stop smoking

Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder. Stopping smoking today will immediately begin to decrease risk.

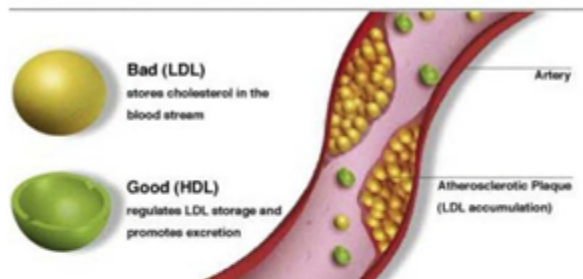
4. Control alcohol use

Alcohol use has been linked to stroke in many studies. Most doctors recommend not drinking or drinking only in moderation – no more than two drinks each day. Remember that alcohol can negatively interact with other drugs you are taking.

5. Know cholesterol levels

Cholesterol is a fatty substance in blood that is made by the body. It also comes in food. High cholesterol levels can clog arteries and cause a stroke. See a doctor if your total cholesterol level is more than 200.

Bad vs. Good Cholesterol



6. Control diabetes

Many people with diabetes have health problems that are also stroke risk factors. Your doctor can prescribe a nutrition program, lifestyle changes and medicine to help control your diabetes.



7. Manage exercise and diet

Excess weight strains the circulatory system. Exercise five times a week. Maintain a diet low in calories, salt, saturated and trans fats and cholesterol. Eat five servings of fruits and vegetables daily.



8. Treat circulation problems

Fatty deposits can block arteries carrying blood to the brain and lead to a stroke. Other problems such as sickle cell disease or severe anemia should be treated.

9. Act FAST at the first warning sign of stroke

If you have any stroke symptoms, seek immediate medical attention

http://www.stroke.org/site/DocServer/Stroke_101_Fact_Sheet.pdf?docID=8343

Healthy Recipe Corner!

Carrot & Quinoa Sesame Slaw

- 3 cups carrots, peeled and grated
 - 1 cup cooked quinoa
 - 4 teaspoons low-sodium soy sauce
 - 1 teaspoon dark sesame oil
 - 1 teaspoon honey
 - 2 teaspoons rice vinegar
 - 1/2 teaspoon ground ginger
 - Chili flakes (optional)
 - 2 tablespoons black sesame seeds (optional)
1. In a small bowl, whisk together wet ingredients to form a sauce. Mix in ground ginger and set aside.
 2. In a large mixing bowl, toss together carrots and quinoa. Pour sauce over the carrot-quinoa mixture and fold until fully combined. Add sesame seeds and chili flakes (if using) and in until incorporated.
 3. Chill in the fridge for 2 hours.
 4. Remove from fridge and serve immediately.



<http://balancedplatter.com/carrot-quinoa-sesame-slaw/>

