Reduce your risk of stroke by adopting these preventive measures:

- Quit Smoking
- Control high blood pressure
- Eat 5+ fruits and vegetables each day
- Lower cholesterol levels
- Manage diabetes
- Exercise at least 30 minutes a day
- Treat Irregular heart beat or atrial fibrillation

ACT

F: Facial droop or uneven smile
A: Arm numbness or weakness
S: Slurred speech, difficulty speaking or understanding
T: CALL 911

If you're concerned about your stroke risk, talk to your primary care physician today about a referral to the Ohio State Comprehensive Stroke Center.

To learn more visit: wexnermedical.osu.edu/stroke