

Reduce your risk of stroke by adopting these preventive measures:

Quit
Smoking



Control
**high
blood
pressure**



 Eat 5+
**fruits and
vegetables**
each day



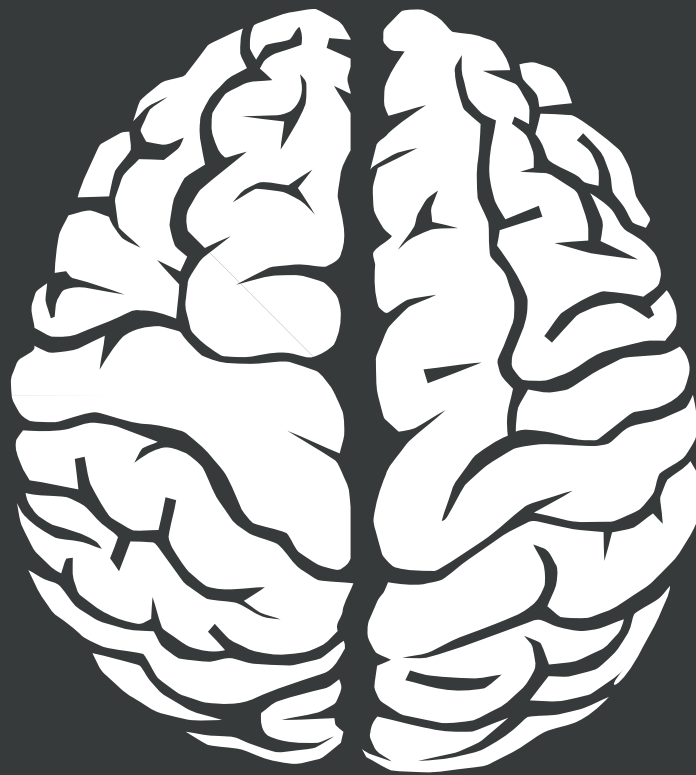
Lower
**cholesterol
levels**

Exercise

at least 30
minutes a day



Treat
**Irregular
heart beat**
or atrial fibrillation



Manage
diabetes

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.

ACT



Facial droop
or uneven
smile



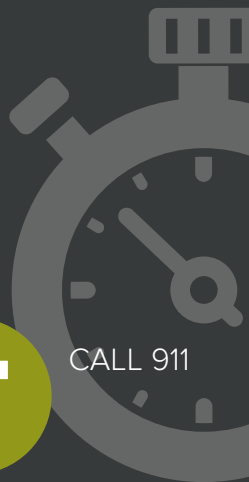
Arm
numbness or
weakness



Slurred speech,
difficulty
speaking or
understanding



CALL 911



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



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER