

PROTECTING YOUR HEART AND REDUCING YOUR RISK OF STROKE

BY: Melissa Jeremiah, RN

Director of Hoosier Uplands Home Health and Hospice

What are risks that I cannot control?

- 1. Advancing age increases your risk of heart attack, stroke and certain cancers.**
- 2. Men have a higher risk of a heart attack than women although a woman's risk of a heart attack rises significantly after menopause.**
- 3. Women have a higher risk of a stroke.**
- 4. Some families have a higher than normal genetic risk for many physical conditions.**

What are ways in which I can reduce my risk of a heart attack or stroke?

- 1. Do not use tobacco, which increased your risk of heart disease, stroke, lung cancer and emphysema.**
- 2. Increase your physical activity, which can decrease your risk of high blood pressure, reduce your cholesterol levels, keep your weight under control and reduce your risk of diabetes, heart disease, stroke and certain cancers.**
- 3. Eat a healthy diet, which can decrease your risk of high blood pressure, reduce your cholesterol levels, keep your weight under control and reduce your risk of diabetes, heart disease, stroke and certain cancers.**
- 4. Avoid more than one or two alcoholic drinks in a day to decrease your risk of high blood pressure, heart disease, stroke and certain cancers.**
- 5. Go to your doctor or health care provider for regular check-ups, and follow any orders they give you regarding your diet, physical activity or medication.**

Information from this article was obtained in part from the American Heart Association at www.americanheart.org.