

# Know the **RISK FACTORS OF A STROKE**

As with most diseases, there are elements of risk that we can control and others that we simply cannot do anything about. Here is some information on inherent risk factors, ones that we all have, and risk factors you can manage in order to prevent a stroke.

## RISK FACTORS WE **DON'T** CONTROL



### **AGE**

Men and women over 65 years old are at higher risk of having a stroke, however anyone, of any age, can have a stroke.

### **GENDER**

Women are at higher risk than men for having a stroke, due to hormonal changes during pregnancy, taking birth control, or treatment for menopause.



### **RACE**

African Americans, Native Americans and Hispanics are more likely to have a stroke due to their higher risk for diseases such as high blood pressure, high cholesterol, diabetes and others.

### **FAMILY HISTORY & PRIOR STROKE HISTORY**

Genetics play a big role in determining whether you are at a higher risk for stroke or not. There are certain genetic mutations that can carry over and put you at a higher risk for a stroke.

1 in 4 people who have a stroke have actually had one before. Those who have had a heart attack previously are also at higher risk.

## RISK FACTORS WE CAN CONTROL

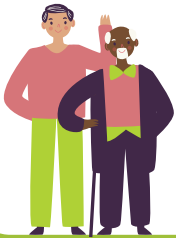


### DIET & EXERCISE

A combination of a balanced diet and regular movement will lower your chances of having high blood pressure, cholesterol, diabetes, and prevent things such as obesity and heart diseases.

### SMOKING & DRINKING

Drinking excessively and regular consumption of tobacco can elevate blood pressure and triglycerides levels affect your body's ability to carry normal levels of oxygen in the blood, and damage blood vessels, increasing risk of stroke



### HIGH BLOOD PRESSURE & CHOLESTEROL

Our bodies produce cholesterol naturally, but having an unhealthy diet high in cholesterol can clog our arteries causing a variety of issues and increase risk for stroke. Your doctor will be able to run blood testing to check for cholesterol and give you treatment options.

### HEART DISEASE & DIABETES

There are certain heart diseases that cause plaque build-up in your arteries thus restricting the proper flow of oxygenated blood to the brain, while other heart diseases will increase your chance of developing a blood clot which can cause a stroke. Diabetes is a disease where your body doesn't produce enough insulin or doesn't process it as it should, causing sugar to build up in your body.

These conditions are preventable and treatable — it's important you speak to your doctor about lowering your risk for these conditions and/or treating them if you are currently experiencing them.

For more support or assistance,  
VISIT: <https://thestrokefoundation.org/>

For questions about  
The Stroke Survivor Fund, Email us at  
[survivorfund@thestrokefoundation.org](mailto:survivorfund@thestrokefoundation.org)



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