

PREVENTION WEDNESDAY

SUN MON TUE

THUR FRI SAT

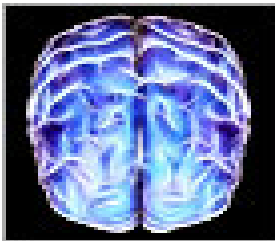
City of Baltimore

Health Department

Stroke Prevention

WARNING SIGNS

- ⚡ Sudden weakness or numbness of the face, leg or arm.
- ⚡ Sudden confusion or trouble talking or understanding others.
- ⚡ Sudden loss of balance or coordination.
- ⚡ Sudden severe headache with no known reason.



RISK FACTORS

- ⚡ High salt diet
- ⚡ High blood pressure or cholesterol
- ⚡ Smoking or excessive alcohol use
- ⚡ Diabetes
- ⚡ Family history of stroke
- ⚡ Obesity or being overweight
- ⚡ Physical inactivity

PREVENTION TIPS

1. Limit salt to less than 1,500 mg per day!

Most salt comes from packaged and processed foods. Check food labels when eating out and ask for no- or low-salt meal options.

2. Control your blood pressure!

Get your blood pressure checked regularly for free at your local fire station. Reducing your salt intake can help lower your blood pressure.

HEALTH DISPARITIES

- ◆ Stroke mortality for Black women is **30% higher** than for White women.
- ◆ Blacks are **twice as likely** as Whites to report having high blood pressure, a major risk factor for stroke (46% vs. 23%).
- ◆ Residents of the lowest income (<\$15,000/year) are over 4 times more likely than residents of the highest income (>\$75,000/year) to report having had a stroke.

Resources and References

1-800-QUIT-NOW

<http://1800quitnow.cancer.gov/>

American Stroke Association

1-888-4-STROKE

<http://www.StrokeAssociation.org/power>

American Heart Association

www.americanheart.org

African American Men's Health Conference

<http://www.nbccongress.org/black-catholic-news/2008/aa-mens-conference.asp>

Baltimore Health Care Access

410-649-0500

<http://www.bhca.org/>

Baltimore Recs and Parks

<http://www.ci.baltimore.md.us/government/recnparks/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/stroke>

Minnesota Stroke Association

<http://www.strokemn.org/Stroke%20Prevention.htm>

National Stroke Association

<http://www.stroke.org>