

Stroke Prevention

To prevent stroke, you must tackle inflammation in the body!

Did you know 9 out of 10 strokes are preventable? Knowing if you are at risk for a stroke is a step in the right direction. One of the best ways to prevent a stroke is by eating healthy and maintaining a good body weight. Eating plenty of fresh fruits and vegetables as well as choosing healthy snack options such as nuts, oats and yogurts are great options. Make sure your foods are low in saturated and trans fats which can help prevent high cholesterol.



The food and drug administration developed a guide for older adults and how to read food labels and the importance of why good nutrition matters.

<https://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/UCM275396.pdf>

Children today are at risk for heart disease and high blood pressure due to the increased amount of salt intake. With too many fast food options as well as unhealthy snack, childhood obesity has skyrocketed. The Center for Disease Control and Prevention has put together information

that are wonderful guidelines in reducing salt intake in children's diets today.

<https://www.cdc.gov/vitalsigns/children-sodium/>



When it comes to young as well as older adults, results from numerous studies show that there is a direct correlation with high salt intake and a significant increased risk of high blood pressure, and stroke. We should not be ingesting more than 5 grams of salt per day, and these studies also show that the average person takes in 10 grams per day. Health.gov is a health insurance exchange website operated under the United States federal government and has provided an extensive Dietary Guidelines for Americans. Its goal is to make recommendations about the components of a healthy and nutritionally adequate diet to help promote health and prevent chronic disease for current and future generations.

<https://health.gov/dietaryguidelines/2015/guidelines/>

Exercise

Exercise greatly reduces your risk of stroke. A meta analysis of 23 studies over a 30 year period concluded that moderate and high levels of physical activity are associated with reduced risk of total, ischemic, and hemorrhagic strokes. In addition, physical exercise was found to decrease blood pressure even in subjects with low responsiveness to medical treatment.

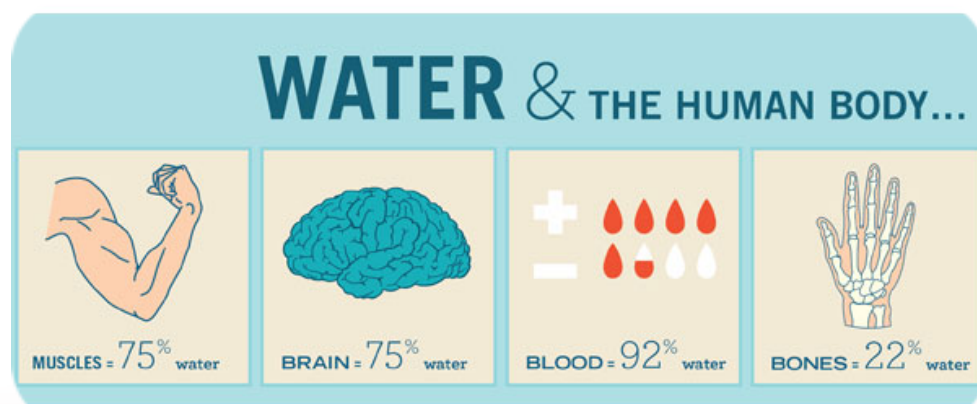
So how do you get started? Find workouts that you like and to which you have access. Start locally. Check your library for free classes. Some local organizations, churches or gyms offer free classes and its a great way to socialize as well. The University of Wisconsin Hospitals and Clinics Authority, has put together an extensive Stroke Prevention Exercise Program that can be found here



<https://www.uwhealth.org/stroke/stroke-prevention-exercise-program-spep/25832>

Hydration

People often eliminate a key factor to health; hydration! Drinking adequate water offers increased protection when it comes to heart problems including stroke. Although strokes are commonly related to the elderly, stroke prevention needs to begin in the early stages of life.



When drinking water, its important to remember to consume a minimum of one cup of water for every 20 pounds of body weight daily. A lack of water leads to thickening of the blood, making a stroke all the more likely. Blood is at its thickest in the morning, which a leading reason why stokes and heart attacks occur at this time. Do not reach for that cup of coffee or other fruit drinks as they temporarily thicken the blood. So reach for that water first and start your hydration off right!

Happiness / Well Being

Happiness can be a rare state of mind following a brain injury, and not only for the survivor but care givers suffer as well. Happiness can be a key element to fighting depression and despair which can lead to a stroke. A study conducted by Harvard health shows a link between depression and stroke. <https://www.health.harvard.edu/diseases-and-conditions/harvard-study-links-depression-to-stroke>. In addition, according to the March 4 2008 issue in Neurology Medical Journal, the American Academy of Neurology studied over 20,000 people over 8.5 years and found that physiological distress may increase the risk of stroke.

Emotional well-being is a factor in how we make healthy of unhealthy lifestyle choices of any kind. Stress is usually a main indicator of the bad lifestyle choices we may make. For instance, increased food, drug and alcohol lifestyle



choices will significantly increase our risk of high blood pressure and diabetes that can lead to stroke.

Your brain offers rewards to steer you on a pathway to happiness, and you can offer your brain rewards that will encourage it to become even more finely tuned-and to grow well into your old age. If you want to be happy the rest of your life, make sure you keep your brain happy.

As far as your brain, every thought releases brain chemicals. Being focused on negative thoughts effectively saps the brain of its positive forcefulness, slows it down, and can go as far as dimming your brain's ability to function, even creating depression. On the flip side, thinking positive, happy, hopeful, optimistic, joyful thoughts decreases cortisol and produces serotonin, which creates a sense of well-being. This helps your brain function at peak capacity.

Think happy, and the world will be a better place!