Life begins at

40

Don't let stroke stop it

Let's Strike Before Stroke!

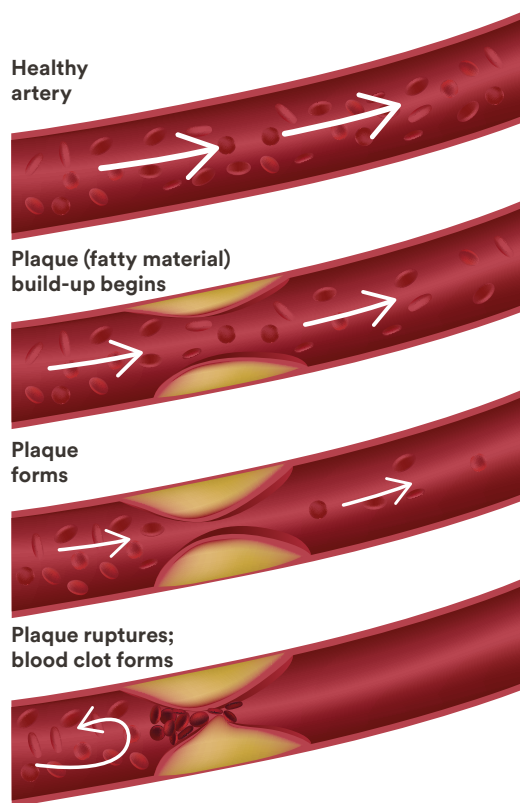Irish Heart

Are you too young to have a stroke?

You don't have time for a stroke, right?

Every year, 2000 people of working age are affected by stroke.

But 80% of premature strokes can be avoided with lifestyle improvements, such as what you eat and how active you are.

Yes, age is a factor and it's one you can't change, but the good news is small changes to your lifestyle today can reduce your chances of having a stroke now or in the future.

What is a stroke?

Healthy artery

Plaque (fatty material) build-up begins

Plaque forms

Plaque ruptures; blood clot forms

Illustrating the impact of a blood vessel blocking

A stroke happens when a blood vessel bursts or is blocked by a clot or narrowing in the artery. This causes a break in the blood supply to part of the brain, denying it essential oxygen and nutrients.

This affects how the body works and can damage or destroy brain cells – on average about two million cells every minute.

Get more info at: irishheart.ie

High blood pressure is the #1 cause of stroke

How to prevent stroke

Get your blood pressure checked TODAY!

That's step one. It's simple, it's quick and you can do it in your local pharmacy, with Irish Heart's free mobile health unit or with your family doctor.

The important thing is to do it **now**.

High blood pressure is the number one cause of stroke. It weakens blood vessels, making them less stretchy and more likely to burst or get blocked, causing a stroke.

The only way to know if you have high blood pressure is to get it measured. A normal level is about 120 over 80.

As part of your blood pressure check, another measurement is often taken – your pulse. This looks at whether or not your heart is beating regularly. An irregular heart beat (AF or atrial fibrillation) increases your risk of stroke.

What else can I do?

There are big changes and small changes you can make to your lifestyle that will help you avoid stroke. Start today and choose one change you'd like to make.

- **Quit smoking.** Stopping smoking almost halves your chances of having a stroke - no matter how long you've been smoking.

- **Drink less alcohol.** Too much alcohol increases your risk of stroke. For example, a woman who drinks 4 or more standard drinks a day, is eight times more likely to be affected by stroke than a woman who drinks within the recommended limit.

Did you know?

A normal blood pressure level is about 120 over 80, but you should always discuss with your doctor.

More things you can do…

- **Eat healthily.** Healthy eating plays a powerful role in reducing the risk of stroke. For example, a low salt diet helps reduce blood pressure. Use Irish Heart's free Food Shopping Card to help identify lower salt foods. And use the Food Pyramid to guide your food choices and portion sizes.

- **Be more active.** Lack of regular exercise increases your risk of stroke by 50%. It doesn't take much. Find an activity you enjoy and build up to at least 30 minutes of moderately intense activity, five days a week.

- **Lower cholesterol.** Cholesterol is a type of fat that occurs in the blood. If there's too much, it can block your blood vessels, causing a stroke. Choose low fat foods and lots of vegetables, fruit and salads.

Don't delay: check your blood pressure today.

For practical tips and support speak to our National Heart & Stroke Helpline nurses on 1800 25 25 50 or visit:

- **www.irishheart.ie**
- www.quit.ie
- www.askaboutalcohol.ie
- www.getirelandactive.ie

Let's Strike Before Stroke!

Let's Strike Before Stroke!

Contact us

Dublin:
Head Office

T: +353 1 668 5001
F: +353 1 668 5896
E: info@irishheart.ie

Cork:

T: +353 21 4505822
F: +353 21 4505374
E: info@irishheart.ie

Freephone National Heart & Stroke Nurse Helpline:
1800 25 25 50

or email:
helpline@irishheart.ie

Irish Heart
Let's live life better

irishheart.ie