

The ABC's of Stroke Risk Reduction

ALCOHOL

- Limit alcohol to less than 2 drinks per day

BLOOD PRESSURE

- Monitor blood pressure (BP)
- Your target BP is: _____
- To lower BP
 - Exercise
 - Reduce your salt intake
 - Take medications as prescribed

CHOLESTEROL

- Lower LDL (bad cholesterol)
- If you have had a stroke, target LDL should be less than 2.0
- To lower LDL
 - Eat foods high in fibre, low in saturated fats and low in trans fatty acids
 - Quit smoking
 - Take medications as prescribed

DIET ... DIABETES ... DRUGS

- Waist circumference should be less than 102cm (40") for men and less than 88cm (35") for women
- To lose weight
 - Follow the Canada Food Guide
 - Meet with our Dietitian team for a consult
 - Meet with our Exercise Specialist to get started with activity
- To manage Diabetes
 - Monitor your blood sugars
 - Fasting = 4-7
 - 2 hours after meal = 5-8
 - Exercise
 - Follow the Canada Food Guide
 - Take medications as prescribed

EXERCISE

- Try to accumulate at least 150 minutes of moderate aerobic activity per week, in bouts of 10 minutes or more (walking, biking, swimming, dancing, etc.)
- Start slowly (eg. 10 minutes daily) and gradually increase your activity by 5-10% each week
- Meet with our Exercise Specialist to get started safely

FOCUS ON QUITTING SMOKING

- Chemicals in smoke can damage blood vessels which can lead to clots and stroke
- To stop smoking:
 - Meet with our Pharmacist for our Smoking Cessation program and to discuss strategies to help you quit
 - You can also discuss medications available to you to help with the process