

Managing Risk Factors

There are often other conditions affiliated with stroke:

HIGH BLOOD PRESSURE

- Talk to your doctor about what your blood pressure range should be.
- Learn how to take your blood pressure and keep a chart.
- Make sure you take your blood pressure medication regularly.
- Follow the DASH diet plan.
- To learn more about managing your blood pressure, please visit the [CDC website](#).

CHOLESTEROL

- Monitor and maintain healthy cholesterol levels.
- High cholesterol or plaque build-up in the arteries can block normal blood flow to the brain and cause a stroke. It may also increase the risk of heart disease and atherosclerosis (hardening of the arteries), which are both risk factors for stroke.
- Saturated fat (animal fat) can raise your blood cholesterol more than anything else in your diet.
- Being overweight or obese can also raise your risk for high cholesterol.
- To learn more about managing your cholesterol, please visit the [CDC website](#).

DIABETES

- People with diabetes have health problems that can increase the risk for stroke.
- If you have diabetes, follow your physician's recommendations for managing diabetes, which can reduce your risk of stroke.
- To learn more about managing your diabetes, please visit the [CDC website](#) or the [American Diabetes Association website](#).

HEART DISEASE

- Atrial Fibrillation (AF), an irregular heartbeat, increases your risk for stroke 5 times. It is important to work with your doctor to control this heart condition.
- To learn more about keeping your heart healthy, please visit the [CDC website](#) or the [American Heart Association website](#).