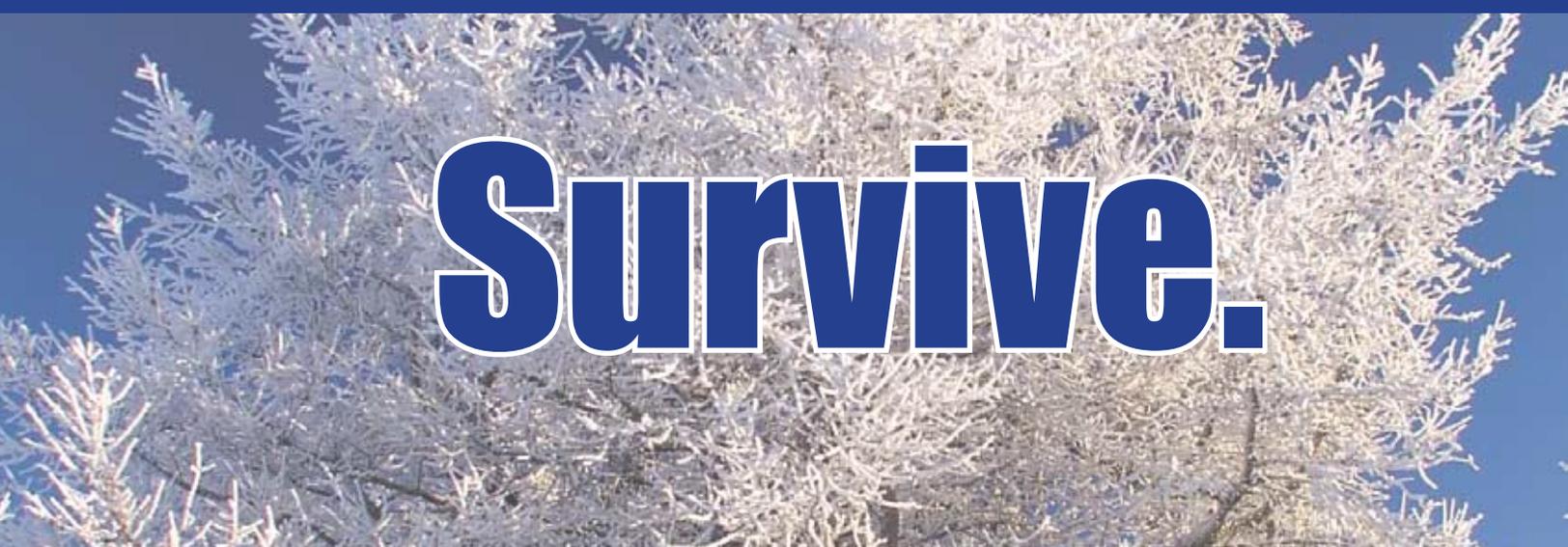




Strive.



Survive.



Thrive.



NORTH DAKOTA
DEPARTMENT of HEALTH



American
Heart
Association

American
Stroke
Association®

North Dakota
Stroke System of Care

*Enhancing stroke care.
Improving outcomes.*

For more information about stroke, heart disease and healthy habits, visit the North Dakota Department of Health's Heart Disease and Stroke Prevention Program website at www.ndhealth.gov/heartstroke.

Strive.



Take steps to be in good health.

- 1) Manage blood pressure
- 2) Control cholesterol
- 3) Reduce blood sugars
- 4) Be active
- 5) Eat better
- 6) Lose weight
- 7) Stop smoking

It's never too late to make better choices.

That's why the American Heart Association created the *Life's Simple 7* and *My Life Check*. To find out where you stand with the *Life's Simple 7* goals, visit mylifecheck.heart.org and complete the *My Life Check* assessment. Within a few minutes, you will know how well you are doing with each of *Life's Simple 7* goals and receive your heart score and a life plan.

Live healthy moments every day.

Complete acts of healthy living such as going for a walk, cooking at home instead of eating out or doing stretches while watching TV. Strive to be in good health for yourself and for those you love. Make healthy moments a family affair and create the legacy of good health and lifestyle habits.

Survive.



Know the warning signs of stroke.

- Sudden numbness or weakness of the face, arm or leg – especially on one side
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Note the time symptoms first appear.

Knowing the time when symptoms first start will direct and guide the health-care team. If the FDA-approved clot-busting medication (called t-PA) is given within the first 3 to 4½ hours of the first symptom, it may reduce long-term disability for the most common type of stroke.

Act fast and always call 9-1-1 promptly.

Stroke is a medical emergency. Any ONE of the symptoms is a reason to take action. At the first sign of stroke, call 9-1-1 right away!

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. It gives people the best chance of surviving stroke with minimal side effects. The quicker you call 9-1-1 for help, the better your chance for a full recovery.

Thrive.



Manage personal risk.

Fill out the Stroke Risk Scorecard and discuss it with your personal physician.

- Manage and control your blood pressure.
- Know your cholesterol numbers.
- Manage your diabetes.
- Take medications as directed.

Stop smoking; plus avoid secondhand smoke.

Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder. Strokes are closely associated with exposure to secondhand smoke. Visit www.ndhealth.gov/ndquits for free help with quitting.

Eat healthy and maintain a healthy weight.

Follow a diet rich in fruits and vegetables, high in potassium and low in saturated fats. Choose and prepare foods with little or no salt. Aim to eat less than 1,500 milligrams of sodium daily.

Be active daily.

Walk or do other physical activities for at least 30 minutes on most, if not all, days of the week.

Limit alcohol consumption.

Heavy alcohol use and binge drinking increase the risk of stroke. If you drink, limit alcohol to no more than one drink a day for women or two drinks a day for men.