

STROKE

Silence isn't empty, it's full of answers...

Modifiable risk factors accounting for 90% of the risk for stroke

- High blood pressure
- Physical inactivity, obesity
- Diet and nutrition
- Diabetes Mellitus
- Dyslipidemia [\downarrow HDL, \uparrow TAG, \uparrow (Lp)(a)]
- Smoking
- Cardiovascular conditions (carotid artery stenosis, Atrial Fibrillation, etc.)

Emerging risk factors

- Migraine
- Alcohol, drug abuse
- Inflammation and infection

Warning signs - sudden:

- Trouble walking, talking or seeing
- Confusion
- Numbness or weakness
- Severe headache



Stroke prevention strategies

- Avoid foods containing trans-fats as they promote inflammation (processed foods - chips, crackers, baked or fried goods).
- Avoid smoked and processed meats.
- Avoid diet soda - just 1 diet soda/day \uparrow risk by 48%.
- Normalize your vitamin D levels to 40-60 ng/ml. Low levels of vitamin D lead to arterial stiffness and \uparrow risk of stroke.
- Boost your vitamin C levels - high blood levels \downarrow stroke risk by 42%; conversely, those with vitamin C deficiency are at an increased risk for a lethal hemorrhagic stroke.
- Avoid psychological distress.