

TAKE ACTION TO PREVENT STROKE

Risk Factors You **CAN** Do Something About

- ♥ High blood pressure (hypertension)
- ♥ High blood cholesterol
- ♥ Heart disease/atrial fibrillation
- ♥ Diabetes
- ♥ Being overweight
- ♥ Excessive alcohol consumption
- ♥ Physical inactivity
- ♥ Smoking
- ♥ Stress
- ♥ Women's unique risk factors

Risk Factors You **CAN'T** Do Anything About

- ♥ Age
- ♥ Gender
- ♥ Family History
- ♥ Ethnicity

Healthy Eating

- ♥ Use 'Eating Well with Canada's Food Guide' to plan meals
- ♥ Eat more fruits and vegetables
- ♥ Choose whole grains more often, ie. brown rice, whole grain roti
- ♥ Choose lean meats when cooking
- ♥ Choose vegetable oils to cook with, ie. canola, olive and soya bean
- ♥ Limit butter, lard, ghee, shortening
- ♥ Limit food high in calories, fat, sugar or salt, ie. candies, cakes, french fries, soft drinks, potato chips
- ♥ Read food labels when grocery shopping

Limit Alcohol Use

- ♥ No more than 2 standard drinks daily
- ♥ Women - no more than 9 standard drinks per week
- ♥ Men - no more than 14 standard drinks per week
- ♥ Standard Drink- 142ml wine or 341ml beer or 43ml hard liquor

Annual Checkups With Your Doctor

- ♥ Book an appointment with your family doctor for a checkup each year
- ♥ Write down a list of your questions and concerns as well as your medications
- ♥ Ask the most important questions first
- ♥ To find a Doctor call your local hospital, public health units or check the College of Physicians and Surgeons of Ontario website

Know Your Numbers!

- ♥ Waist circumference should be < 90cm for South Asian Men and < 80cm for South Asian Women
- ♥ Normal blood pressure should be less than 140/90, and less than 130/80 for diabetics
- ♥ Normal blood cholesterol is <5.2mmol/L
- ♥ Normal fasting blood sugar is between 4.0mmol/L to 6.0mmol/L

Quit Smoking and Avoid Second Hand Smoke

- ♥ The effects of second hand smoke can increase your risk of lung disease, heart disease, certain cancers and stroke
- ♥ Quit smoking and if you do not want to quit smoke outdoors

Reduce Your Stress

- ♥ Stress can be positive, ie. birth of a baby and negative, ie. death
- ♥ Chronic negative stress may lead to increased risk of strokes and other chronic diseases
- ♥ Learn how to recognize and address your stress before it becomes chronic

Increase Physical Activity

- ♥ Health Canada recommends 30 – 60 minutes of physical activity daily and 90 minutes for children and youth – this can be broken down into three, 10 minute segments/day
- ♥ Being overweight can increase your risk of developing high blood pressure, diabetes, high cholesterol
- ♥ Take the stairs, cycle, garden, walk, dance
- ♥ Limit TV/computer viewing time

Stroke Warning Signs

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number **immediately**.

The five signs:

Stroke can be treated. That is why it is so important to recognize and respond to the warning signs.



Weakness –Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

TIME is BRAIN

Websites

Heart and Stroke Foundation of Ontario
www.heartandstroke.ca

March of Dimes-Stroke Recovery Canada
www.strokerecoverycanada.com

Prevent Stroke
www.preventstroke.ca

Healthy Ontario.com
www.healthyontario.com

Canadian Stroke Strategy
www.canadianstrokestrategy.ca

American Stroke Association
www.strokeassociation.org

Public Health Agency of Canada
www.publichealth.gc.ca

Region of Peel
www.peelregion.ca

Stroke Facts for South Asians



A Guide to Stroke Prevention



The West GTA Stroke Network
in partnership with



Why Should South Asians be Concerned About Stroke?

South Asians are at much higher risk for stroke than other ethnoracial groups. They have higher rates of blood pressure and diabetes, two important factors that can cause stroke. A survey published in May 2008 shows that South Asians are **three times** more likely to develop high blood pressure than the general population. Factors such as high cholesterol, being overweight and a sedentary lifestyle add to their risk for stroke.

The Ontario Stroke System has identified South Asians as a priority population for stroke prevention.

What is a Stroke?

Stroke is caused by a loss of blood flow to a part of the brain. Think of it as a “brain attack”. Without oxygen-rich blood, brain cells begin to die. This can lead to disability and/or death. What happens depends on where the stroke is in the brain, and how large it is. If the symptoms go away in a few minutes to hours, it is a warning sign. Such mini-strokes are often predictors of a full stroke.