

Wired Stroke Support Service

0844 880 1500 (local rates)

OR

North Cumbria

Catherine Jones on 07712 871273

Kath Walker on 07712 871275

South Cumbria

Lisa Kirk on 07712 871276

Lynn Jones on 07712 871272

West Cumbria

Clare Lowery on 07712 871274

Sandra Pickthall on 07712 871277

**(Mobile phone charges are considerably more
than landline charges)**

Wired

Unit 7, Wirral Business Park

Arrowe Brook Road

Upton, Wirral, CH49 1SX

Tel: 0844 880 1500 (charged at Local Rate)

Fax: 0151 670 1600

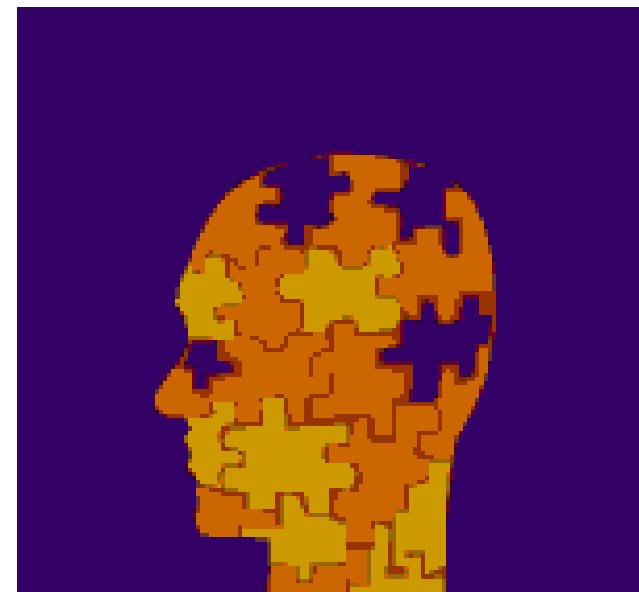
Email: contact@wired.me.uk

www.wired.me.uk



Cumbria Stroke Support Service

How Can I Reduce the Risk of Having a Stroke?



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Awareness and Prevention

- A healthy, enjoyable **diet** can reduce some of the causes of stroke and help you recover
- Regular **exercise** can halve your risk of having a stroke. Exercise can; lower blood pressure, control your weight, help keep your system in balance
- Stopping or cutting down **smoking** will reduce your risk. Smokers are twice as likely to have a stroke than non-smokers.
- Keep your **alcohol** intake within the recommended weekly limits (or as advised by your doctor).
- Make sure that you understand about your medication. There may be a lot to take.
- Ask your GP if you are not sure about your medication

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- There are some risk factors that you cannot change, like your sex, race and age.
- Middle-age women are more likely to have a stroke than men.
- Men over 75 are more likely to have a stroke than women
- People of South Asian, African or African-Caribbean origin are more likely to have stroke than the rest of the population.
- Make sure that you have your blood pressure checked regularly.
- Make sure that any existing conditions that you have are monitored by your GP. For example, diabetes.