



Directions for Presenters

**This slide is for people who want to present this health lesson to a group.
If you are using these slides for your own health education, please disregard this slide.**

Review all the slides and presenter notes before your presentation. If you can, print out the presenter notes to have them handy in case you need them.

Introduction: (30 seconds)

- Greet the audience.
- Introduce yourself and your topic.
- Let people know they can take pictures of any of the slides they find helpful.

At the end of your presentation:

- Thank your audience for their time and open the discussion to questions.
- If there are questions you can not answer, please refer them to our stroke.org website and social media handles for more information.
- If a community member asks you a medical question that you don't know the answer to, please advise them to speak with their doctor or licensed medical professional.

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Directions for the Presenter on resources/ web/ videos available depending on capabilities of technology and location where the presentation is being held

- Review the information on the slide.

Please do not change or add anything to these slides.



Stroke: What are the warning signs, and how can I prevent one?

This is a health lesson from the American Stroke Association.



WHAT WE DO

Invest in and support lifesaving heart and brain research for over 100 years.

FUNDED PACEMAKERS AND ICDS RESEARCH



Contributed to developing cutting-edge devices, including leadless pacemakers and wearable defibrillators.

DEVELOPMENT OF CPR GUIDELINES AND CONTINUED EFFORTS



Created CPR and AED guidelines and pushed for laws to require CPR training in schools and more public AEDs to help save lives.

FUNDING HEART DISEASE, STROKE, AND BRAIN RESEARCH



Investing in cutting-edge research that has led to lifesaving treatments and innovations in cardiovascular and brain care.

FUNDING INNOVATION IN HEART DISEASE DIAGNOSTICS



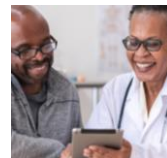
Advancing imaging techniques, such as MRI and CT scans, along with biomarkers for the early detection of heart disease.

FUNDING ACUTE STROKE CARE



Funding research to support timely intervention strategies for patients with stroke, which has significantly improved survival rates and recovery outcomes.

DEVELOPMENT OF HYPERTENSION GUIDELINES AND RESEARCH



Updated blood pressure guidelines with collaborators to support early detection and care. Funded research on causes, prevention and treatment.

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The American Heart Association has been investing in and supporting lifesaving heart and brain research for over 100 years. From contributing to the development of the pacemaker, to advancing imaging techniques such as MRI and CT scans, to creating the CPR and AED guidelines, their mission is to be a relentless force for a world of longer, healthier lives.

Who Is



American
Stroke
Association.
A division of the
American Heart Association.



Created in 1998 as **a division of the American Heart Association.**

The American Stroke Association works with millions of volunteers to prevent, treat and beat stroke by **funding innovative research, fighting for stronger public health policies and providing lifesaving tools and information.**

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The American Stroke Association was created in 1998 as a division of the American Heart Association. The American Stroke Association works with millions of volunteers to prevent, treat and beat stroke by funding innovative research, fighting for stronger public health policies and providing lifesaving tools and information.

Our mission is to be a relentless force for a world of longer, healthier lives with fewer strokes.



Stroke

Stroke is the second leading cause of death globally.

Yet approximately 80% of strokes are preventable.

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Stroke is the second leading cause of death globally.

Yet approximately 80% of strokes are preventable.





MAIN PURPOSE

STROKE

- What is it
- What causes it
- How to prevent it

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Today, you will learn about stroke prevention, signs of a stroke, how it impacts your health and what can put you at risk, along with a next-steps action plan. The lesson should take about 30 minutes. Feel free to take pictures of any of the slides.

What is a Stroke?



A stroke happens in the brain. Most strokes happen because something blocks the blood flow in the brain.

Ischemic Stroke: A part of the brain doesn't get enough blood and oxygen, brain cells die, causing a stroke.

Hemorrhagic Stroke: When a blood vessel in the brain bursts.

Transient Ischemic Attack (TIA): When blood flow to the brain is blocked for a short time. This is a warning sign that a bigger stroke could happen soon.

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A stroke happens when blood can't flow properly to the brain. During that time, the affected area of the brain doesn't get enough blood and oxygen, and the brain cells die. There are different types of strokes:

- Most strokes (about 9 out of 10) happen because something blocks the blood flow. This is called an ischemic stroke. When part of the brain doesn't get enough blood and oxygen, brain cells die, causing a stroke.
- Sometimes, a stroke happens when a blood vessel in the brain bursts. This is called a hemorrhagic stroke. It is less common than an ischemic stroke.
- A transient ischemic attack (TIA) is often called a "mini-stroke." It happens when blood flow to the brain is blocked for a short time. A TIA is a warning sign that a bigger stroke could happen soon.

Ask the group: Do you know anyone who has had a stroke?

Let's Talk About Risk Factors



What are some things
you CAN'T control
that would put you at
higher risk for a stroke?

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Question for the group: What is a risk factor?

Answer: Risk factors are traits and lifestyle habits that increase your chance of disease.

Question: What are some things that you can't change that would put you at higher risk for a stroke? – give people about 2 minutes to provide answers



Prior Stroke, TIA or Heart Attack

If you've already had a stroke, your risk increases.



Family history

Your risk is almost twice as high if a parent, sister or brother has had a stroke.



Race/ethnicity

Some communities face a higher stroke risk because they experience more health problems such as high blood pressure, diabetes, and obesity.



Age

The chance of having a stroke doubles for each decade of life after age 55.



Gender

Women have more strokes than men. Stroke kills more women than men.



Chronic kidney disease

People with kidney disease seem to have a higher chance of having a stroke.



Things That Put You at Risk

That CAN'T be changed or are hard to control



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If you have had a prior stroke, transient ischemic attack or heart attack, family history, race/ ethnicity, age, gender, and chronic kidney disease - these things can make you more at risk to a stroke, and even though you can't change any of them, it's important to know.

One of the key points I want to highlight is family history. Not everyone is comfortable talking to their family about health issues, but it can save your life, so next time you talk to your family- make sure to make health a top priority.

Let's Talk About Risk Factors



What are some things
you CAN control,
treat or improve to
reduce your risk of a
stroke?

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Question for the group: What are some things you CAN control, treat or improve to reduce your risk of a stroke? – give people about 2 minutes to provide answers

Things That Put You at Risk

That you **CAN** control, treat and improve



- High blood pressure
- High cholesterol
- Unhealthy diet (high sodium, low potassium)
- Physical inactivity
- Obesity
- Tobacco use and smoking
- Alcohol use
- Diabetes
- Other health conditions, such as atrial fibrillation, sleep apnea, sickle cell disease

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Here is a list of the things that you can control, treat and improve (also called controllable risk factors):

- High blood pressure
- High cholesterol: a waxy substance that contributes to fatty buildups and narrowing in the arteries.
- Unhealthy diet (high sodium, low potassium)
- Physical inactivity
- Obesity
- Tobacco use and smoking
- Alcohol use
- Diabetes
- Other health conditions, such as atrial fibrillation, sleep apnea, sickle cell disease

We will touch on these a bit later during what we can do to prevent a stroke.

Why It Matters

Personal Impacts of Stroke



- Disability and physical challenges
- Cognitive, emotional and behavioral challenges
- Communication difficulties
- Vision and hearing problems
- Economic impact: higher medical bills and lost productivity.
- Family impact: Poor health affects your ability to care for loved ones and enjoy time with them.

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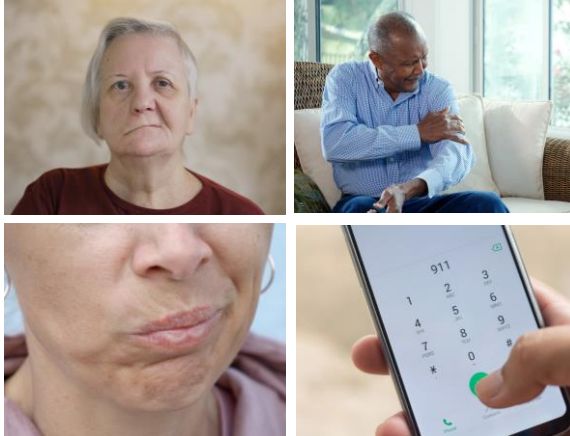
Why does it matter?

Because stroke can have tremendous impacts including but not limited to:

- Disability and physical challenges
- Cognitive, emotional and behavioral challenges
- Communication difficulties
- Vision and hearing problems
- Economic impact: higher medical bills and lost productivity.
- Family impact: Poor health affects your ability to care for loved ones and enjoy time with them.

Learning to Spot a Stroke

F.A.S.T. Warning Signs



- **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, such as "The sky is blue." Is the sentence repeated correctly?
- **Time to Call 911:** If someone shows any of these symptoms, even if the symptoms go away, call 911 immediately. Check the time, so you'll know when the first symptoms appeared.

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Learning to spot the warning signs of a stroke will save your life or the life of a loved one. The word F.A.S.T. is a great way to learn the main signs of a stroke because each letter represents a symptom:

F.A.S.T. WARNING SIGNS

- F is for Face Drooping: Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?
- A is for Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S is for Speech Difficulty: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, such as "The sky is blue." Is the sentence repeated correctly?
- T is for Time to Call 911: If someone shows any of these symptoms, even if the symptoms go away, call 911 immediately. Check the time, so you'll know when the first symptoms appeared.
 - Note that there are steps you can take to reduce your risk for stroke. Add that by calling 911 at the first sign of a stroke, you

can help yourself or your loved one to get treatment as soon as possible.

Other Stroke Symptoms



Beyond F.A.S.T., other symptoms you should know include **SUDDEN**:

- **NUMBNESS** or weakness of the leg, arm or face
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

Call 911 or emergency medical services immediately!

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Beyond F.A.S.T., other symptoms you should know include **SUDDEN**:

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- **SEVERE HEADACHE** with no known cause

Call 911 or emergency medical services immediately

Question for the group: When was the last time you saw your doctor? Is it time to make an appointment? Again- don't answer this question out loud, but it's important to think about these things. Sometime people may feel they don't have time, but making your health a priority is important- your health is connected to your loved ones and to doing things you enjoy.

Calling 911

What to Expect and How to Stay Calm



Calling 911 can save a life. Stroke treatment works best when it starts early—so every minute counts.

When you call the operator, they will most probably ask **"What is your emergency?"** You can say: *"I think someone is having a stroke."*

Stay on the phone. The operator will ask questions to help send the right help fast. You don't need to know everything. **Just share what you see: slurred speech, weakness, confusion, or trouble walking.** You can say, *"They're not acting like themselves," or "Their face looks uneven."*

You can stay anonymous—you don't have to give your name.

The 911 operator will send an ambulance with trained medical staff. They may stay on the phone with you until help arrives. In most stroke calls, paramedics—not police—respond first.

Emergency teams are trained to help, not to judge. Their goal is to save lives.

Stay with the person. Keep them safe and calm. Don't give them food, drink, or medication unless told to.

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If You or Someone You Love Might Be Having a Stroke: Call 911

Calling 911 can save a life. Stroke treatment works best when it starts early—every minute counts.

What to Expect and How to Stay Calm

On this slide is some things you can expect when you call – give people time to read the slide.



Taking care of your health is one of the best ways to prevent stroke, which happens when blood can't get to your brain. Now we are at the final part of our presentation, which is all about the next steps through the American Heart Association's Life's Essential 8.



The Life's Essential 8 logo is a circular arrangement of eight icons, each representing a different lifestyle factor. The icons are: a bed with 'Z's (Sleep), an apple and fish (Diet), a person running (Physical Activity), a blood pressure cuff (Blood Pressure), a scale (Cholesterol), a drop with 'LIPIDS' and a downward arrow (Lipids), a blood pressure cuff (Blood Pressure), and a cigarette with a slash (Smoking). The text 'Life's Essential 8' is in the center, with a large red '8'.

The three most important things you can do to lower your risk of stroke are:

1. Stop smoking or vaping
2. If you have high blood pressure, manage it
3. If you have high cholesterol, lower it

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Today we are going to focus on three of the most important things you can do to lower your risk of stroke based on Life's Essential 8:

1. stop smoking or vaping
2. if you have high blood pressure- managing it
3. and if you have high cholesterol- lowering it.

Let's Talk Tobacco & Nicotine



Which one of these is a risk if you smoke?

- Heart disease
- Stroke
- Diabetes
- Cancer
- Depression and anxiety
- Premature aging
- ✓ All of the above

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The first step to quitting tobacco and or nicotine products is to understand the risks and health effects for you and your family.

- Heart Disease and Stroke: Nicotine and tobacco can raise blood pressure and increase heart rate. It can cause blood vessels to narrow, increasing the risk of heart attacks.
- Stroke: Nicotine and tobacco can damage blood vessels. It can increase the risk of a stroke by causing blood clots or blocking blood flow to the brain. It can also cause memory problems and dementia later in life.
- Diabetes: Nicotine and tobacco can increase the risk of developing Type 2 diabetes. For people with diabetes, it can also make it harder to manage blood sugar levels.
- Cancer: Smoking is the leading cause of cancer. Nicotine can abnormally speed up the growth of new cells. This has been shown in tumor cells in the breast, colon and lung.
- Depression and Anxiety: Nicotine and tobacco can lead to mood swings and heightened anxiety when their effects wear off.
- Premature Aging: Smoking can cause premature wrinkles, skin damage and a dull complexion due to reduced blood flow and

damage to the skin's elasticity.

Quitting Tobacco or Nicotine



Talk to your health care professional

They can be a partner in your plan and may suggest medications that can help you quit.

Commit to a quit day

Choose a day in the next week.

Cold turkey or gradual?

Decide if you will quit all at once or start cutting down.

Get prepared

Keep healthy snacks on hand and plan fun ways to fill your time when you feel the urge to smoke.

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Here are two tips for success:

1. Exercise can help you manage the stress and cravings when quitting. You'll feel better, too!
2. Recognizing what makes you want to smoke, vape or use nicotine is key. This can include things like stress, certain places, or social situations. Try to avoid or manage these triggers, especially at the beginning. Practice deep breathing exercises to help calm your body and mind. Slow, deep breaths can reduce stress and cravings.

The key takeaway is to get prepared. Start by creating a plan that fits your lifestyle.

- SET a quit date within the next 7 days. It is best to pick a weekday that doesn't look like it will be too stressful of a day.
- CHOOSE a method: cold turkey or gradually.
- DECIDE if you need help from a health care professional, nicotine replacement or medicine.
- PREPARE for your quit day by planning how to deal with cravings and urges.
- QUIT on your quit day.

Managing High Blood Pressure

Know your blood pressure numbers –

High blood pressure is 130/80 or higher

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

heart.org/bplevels

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The first step to managing high blood pressure is knowing if you have it. These are the updated American Heart Association blood pressure categories.

- Normal blood pressure is less than 120 for the systolic or top number and less than 80 for the diastolic or bottom number.
- Elevated blood pressure is between 120–129 for the systolic or top number and less than 80 for the diastolic or bottom number.
- Stage 1 high blood pressure or hypertension is now 130–139 systolic, or the top number, or 80–89 diastolic, or bottom number.
- Stage 2 high blood pressure is 140 or higher for the systolic or top number or 90 or higher for the diastolic or bottom number.
- Severe high blood pressure, or hypertension, is anything higher than 180 for the systolic or top number and/or higher than 120 for the diastolic or bottom number. If you don't have symptoms, you should call your health care professional.
- For anything higher than 180 for systolic and higher than 120 for diastolic that includes symptoms such as chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking, you need to call 911 immediately.

Please take a picture of this chart so that you have it with you at all times and can use it as a reference.

What The Numbers Mean



Top Number = **Systolic Pressure**

Shows how much pressure your blood is pushing against your artery walls **when the heart beats**.

Bottom Number = **Diastolic Pressure**

Shows how much pressure your blood is pushing against your artery walls **while the heart is resting between beats**.

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Your blood pressure is recorded as two numbers:

The top number is called the systolic pressure. It shows how much pressure your blood pushes against your artery walls when the heart beats.

- Point to the picture on the screen. In this picture, the systolic pressure is 110 millimeters of mercury (mm Hg).

The bottom number is called diastolic pressure. It shows how much pressure your blood is pushing against your artery walls while the heart is resting between beats.

- Point to the picture on the screen—in this same picture, the diastolic pressure is 67 millimeters of mercury (mm Hg).

Added Tip: If you get asked the difference between arteries and veins:

- Arteries are blood vessels that carry oxygen-rich, bright red blood away from the heart to nourish all parts of the body.
- Veins are blood vessels that carry oxygen-depleted, bluish blood

toward the heart.

How to Take Your Blood Pressure at Home



30 minutes before:

- No smoking
- No exercise
- No caffeinated beverages
- No alcohol

To get an accurate measurement:

- Rest for at least 5 minutes.
- Don't talk.
- Rest your arm comfortably on a flat surface at heart level.
- Sit upright, back straight and supported.
- Keep legs uncrossed and feet flat on the floor.
- Use a properly validated device.
- The bottom of the cuff needs to be above the bend of the elbow.
- Wrap the cuff against your bare skin, not over clothing.

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If you have high blood pressure, home monitoring can help your health care professional determine whether treatments are working. Monitoring your blood pressure at home can be done by buying or renting a blood pressure cuff, using it correctly and tracking the numbers.

Blood pressure monitors can be purchased in most pharmacies and online. In adults, the use of cuffless blood pressure devices is not recommended for the diagnosis or management of high blood pressure. An automatic, cuff-style, bicep (upper arm) monitor is recommended.

There is a right and wrong way to measure your blood pressure at home.

First: 30 minutes before your blood pressure is taken:

- No smoking
- No exercise
- No caffeinated beverages
- No alcohol

Second: While you prepare to take your blood pressure:

- Rest for at least 5 minutes.
- Don't talk.
- Rest your arm comfortably on a flat surface at heart level.
- Sit upright, back straight, and supported.
- Keep legs uncrossed and feet flat on the floor.
- Use a validated device.
- The bottom of the cuff needs to be above the bend of the elbow.
- Wrap the cuff against your bare skin, not over clothing.

Reliance on cuffless devices, including smartwatches, for accurate blood pressure measurements should be avoided until these devices demonstrate greater precision

and reliability.

Partnering With Your Health Care Professional



Stick to the plan

It's vital to stick to the medication plan your health care professional has recommended.

Ask questions

If you have any concerns about side effects, discuss them with your doctor or pharmacist.

OTC medications

Discuss over-the-counter (OTC) medications with your pharmacist or doctor. Pain relievers or decongestants may affect your blood pressure.

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Partnering with your health care professional is the best way to reach your treatment goals and enjoy the benefits of better health. When it comes to medication, it's important to keep in mind:

- You may need to take medication every day for the rest of your life.
- Tracking your medication and taking it as prescribed.
- You may need more than one type of prescription medication.
- Be aware of how certain over-the-counter (OTC) medications, such as decongestants, may affect your blood pressure.
- Understanding possible side effects of medications and talking to your health care professional about any concerns or questions you have.

Question for the group: When was the last time you saw your health care professional? Is it time to make an appointment? Again, don't answer this question out loud, but it's important to think about these things. Sometimes people may feel they don't have time, but making your health a priority is important. Your health is connected to your loved ones and to doing things you enjoy.

High Blood Pressure

Key Thing to Remember



High blood pressure causes damage to the arteries over time. That damage can lead to blockages and blood clots that limit blood supply to vital organs. Without oxygen and nutrients from blood, the tissue dies. **High blood pressure is the leading risk factor for stroke and a number of heart conditions.**

The good news is it can be treated and even prevented by making healthy choices such as eating well, moving your body, and taking medication if it's prescribed.

Health care professionals want most adults with high blood pressure to keep their blood pressure below **130 over 80**. *They may have different goals for people who are sick, older or pregnant.*

Check with your health care professional if you have any questions.

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High blood pressure is called “the silent killer” because it has no apparent symptoms. Many people don’t know they have it, so regularly checking your blood pressure is crucial.

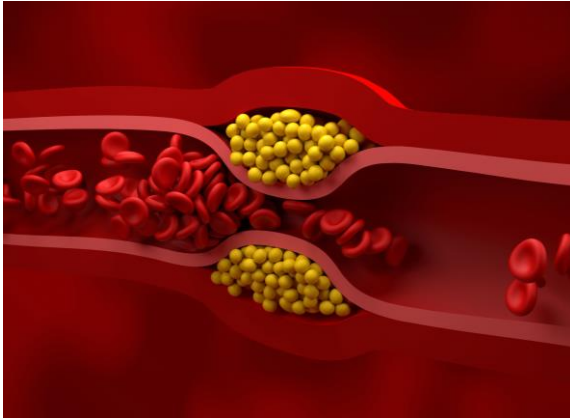
It is the most common reason people get heart disease, including coronary artery disease, heart failure, atrial fibrillation, stroke, dementia, chronic kidney disease, and all-cause mortality, or the total number of deaths from any cause in a defined group of people.

The good news is it can be treated and even prevented by making healthy choices, such as eating well, moving your body, and taking medication if it's prescribed.

Health care professionals want most adults with high blood pressure to keep their blood pressure below 130 over 80. They may have different goals for people who are sick, older or pregnant.

Check with your health care professional if you have any questions.

Understanding Cholesterol



Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **your BODY**.

It is only found in foods from animal sources. It travels in the body by lipoproteins (LDL and HDL)

High cholesterol can affect your heart and brain health. It can lead to heart disease and increase the risk of some types of dementia, such as Alzheimer's disease.



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

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Too much cholesterol can clog your arteries, making it harder for blood to reach your brain. Eating well, exercising and taking medicine (if needed) can help keep your cholesterol at a healthy level.

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **your BODY**. It is only found in foods from animal sources. It travels in the body by lipoproteins (LDL and HDL). High cholesterol can affect your heart and brain health. It can lead to heart disease and increase the risk of some types of dementia, such as Alzheimer's disease

HDL helps keep LDL from sticking to artery walls. This reduces plaque buildup and lowers the risk of heart disease and stroke.

A tip for success: Know your fats. The fats you eat can significantly impact your cholesterol levels. Replace saturated fats, such as butter and whole dairy products, with healthier alternatives. Healthy fats include olive oil, fatty fish, nuts and eggs. By making these changes and following Life's Essential 8, you're helping your body stay strong and reducing your risk of having a stroke. Small steps now can make a big difference in your future!

Let's Talk Food



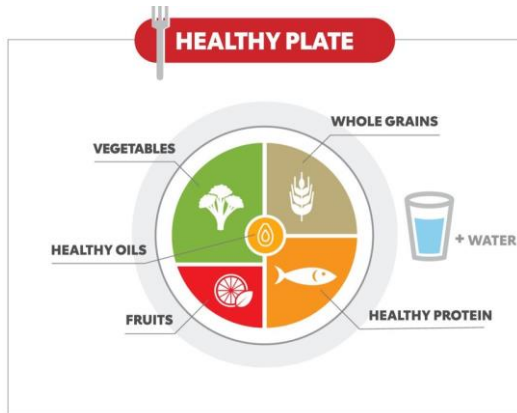
What are some easy ways to add more fruits and vegetables to meals?



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Now let's talk about food: What are some easy ways to add more fruits and vegetables to meals?

Enjoying a Healthy Diet



Build a Healthy Plate

- ½ veggies and fruits
- ¼ whole grains such as brown rice
- ¼ protein such as beans, skinless chicken or fish



Move More

Exercise can help lower cholesterol numbers. It can also improve your mood and clear your mind.

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Eating well-balanced meals throughout the day can help your heart and brain work at their best. Don't worry about "special meals" — the best choice is a variety of healthy foods.

Eat vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins. Also, drink plenty of water throughout the day. You can also enjoy unsweetened tea or coffee.

Limit sugary drinks and alcohol. Eat fewer salty and fatty foods, as well as processed meats. Limit foods like butter, whole milk, high-fat yogurt, and cheese. Remove the skin from poultry before cooking. Use vegetable oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

Avoid trans fats. Trans fats are found in some store-bought baked goods and fried foods.

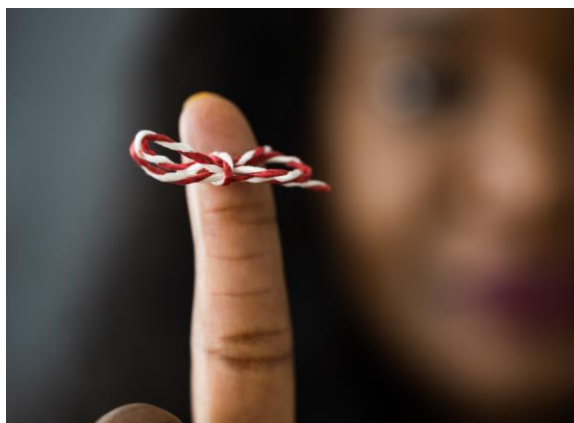
Two tips for success:

1. Think about how you can move more throughout your day. Exercise can help lower cholesterol numbers. It can also improve your mood and clear your mind.
2. Build a healthy plate. Take a picture of this to remind you of what a healthy plate should look like.

and remember - Small steps now can make a big difference in your future!



Don't Forget



1. Learn the F.A.S.T. Warning Signs
2. Think You're Having a Stroke? Call 911.
3. By following Life's Essential 8™, you can keep your heart and brain healthy!
4. Remember that about 80% of strokes are preventable.
5. You have the power to start making small changes today.

Visit stroke.org for more information

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To wrap up today's presentation, don't forget:

1. Learn the F.A.S.T. Warning Signs
2. Think You're Having a Stroke? Call 911.
3. By following Life's Essential 8™, you can keep your heart and brain healthy!
4. Remember that about 80% of strokes are preventable.
5. You have the power to start making small changes today.

Visit stroke.org for more information

Make a Commitment



Which small change will you start this week?

- Get your blood pressure checked?
- Move more?
- Add a serving of veggies?
- If you smoke or vape- schedule a day to quit?

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Start with one small change. Take a moment to think of what it is now. It could be as simple as:

- Get your blood pressure checked?
- Move more?
- Add a serving of veggies?
- If you smoke or vape- schedule a day to quit?

Stay In Touch



Follow us on social media
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@AmericanStroke and DM us to
let us know how you're doing!



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Thank you for your time. I hope you enjoyed this presentation. I invite you to keep in touch with the American Heart Association. You can follow them on social media for great, easy to follow health tips you can trust!