



*Honor World Stroke Day by Sharing Stroke Prevention Tips with your Friends, Family, and Patients Social Media Messages*

*Honor World Stroke Day by Sharing Stroke Prevention Tips with your Friends, Family, and Patients Sample Newsletter Article*

*Million Hearts® Partner Resources Honor World Stroke Day by Sharing Stroke Prevention Tips with your Friends, Family, and Patients*

Do you like these messages? Do they meet your needs? [Tell us how we're doing!](#) We want your feedback! We also want you to use these messages as you wish on your own communications channels.

October brings us falling leaves and temperatures, football, and Halloween. It also brings us World Stroke Day on October 29. That makes October an opportune time to remind your friends, family, and patients that stroke can be prevented.

Did you know?



#HealthcarePros: About 80% of strokes in the U.S. are preventable. Honor #WorldStrokeDay this October 29 by sharing stroke prevention tips with your friends, family, and patients. Together, we can help our communities thrive! Learn more: <http://bit.ly/1Ys5Bjo>. [Image #2]

Image #1

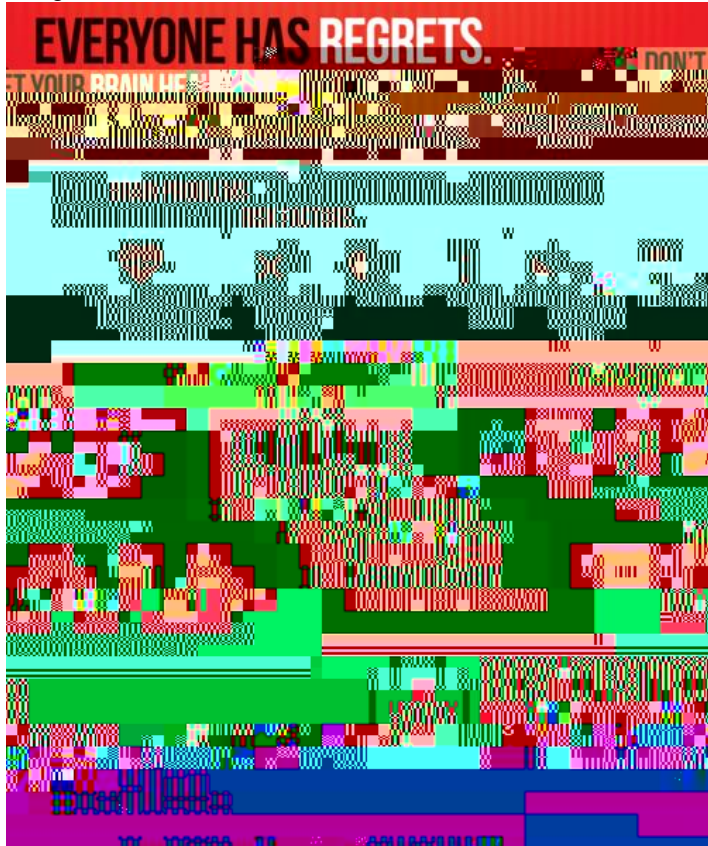


Image #2



Because up to 80% of strokes in the U.S. are preventable, everyone can benefit from taking steps to prevent stroke. In honor of World Stroke Day on October 29, we encourage you to share and sharing stroke prevention tips with our friends, family, and patients.

Did you know?

Up to 80% of strokes in the U.S. can be prevented.

Stroke is the fifth leading cause of death for U.S. adults, but the risk of having a stroke varies by race/ethnicity and gender.

- Compared to whites, African Americans are nearly twice as likely to have a stroke, and Hispanic Americans' risk falls between the two.
- African Americans and Hispanics are more likely to die following a stroke than whites.
- Each year, 55,000 more women than men have a stroke.

The country's highest death rates due to stroke are in the southeastern United States.

But many of the risk factors for stroke are within our control. People can reduce their risk of stroke by making healthy lifestyle changes, such as:

Eating more fresh fruits and vegetables and whole grains.

Exercising regularly. Adults should strive for at least 30 minutes physical activity each day.

Not smoking.

People can also reduce their risk by lowering high cholesterol, managing high blood pressure and diabetes, and taking medications as prescribed by your doctor. While any time is a good time to make healthy changes, use World Stroke Day to encourage Americans to take steps to reduce their stroke risk. It could save a life!

Public Health Professionals:

American Heart Association/American Stroke Association Stroke Prevention Resources

[http://www.strokeassociation.org/STROKEORG/Professionals/Stroke-Prevention-Resources\\_UCM\\_451918\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/Professionals/Stroke-Prevention-Resources_UCM_451918_SubHomePage.jsp)

CDC Division for Heart Attack and Stroke Prevention Paul Coverdell National Acute Stroke Program

[http://www.cdc.gov/dhdsp/programs/stroke\\_registry.htm](http://www.cdc.gov/dhdsp/programs/stroke_registry.htm)

CDC Public Health Grand Rounds Mind Your Risks and Act FAST to Prevent and Treat Strokes

<https://www.youtube.com/watch?v=xwKyRUieMIM>

Million Hearts® October 29 is World Stroke Day Resources

<https://millionhearts.hhs.gov/news-media/events/world-stroke-day.html>

Providers:

NIH Mind Your Risks: Healthcare Professionals  
[https://mindyourrisks.nih.gov/healthcare\\_professional.html](https://mindyourrisks.nih.gov/healthcare_professional.html)

NIH Mind Your Risks: Research  
<https://mindyourrisks.nih.gov/research.html>

NINDS Know Stroke: Health Professional Resources  
<https://stroke.nih.gov/resources/index.htm>

General:

CDC Preventing Stroke: Healthy Living Habits  
[http://www.cdc.gov/stroke/healthy\\_living.htm](http://www.cdc.gov/stroke/healthy_living.htm)

CDC Preventing Stroke: Other Medical Conditions  
[http://www.cdc.gov/stroke/medical\\_c](http://www.cdc.gov/stroke/medical_c)