Strike Out Against Potentially Devastating Brain Attacks

Learn the three types of risk factors for stroke. While you may not be able to change them all, there are still ways to stack the odds in your favor.

Non-modifiable risk factors

• Age

• Gender

• Race/ethnicity

Modifiable risk factors

• High blood pressure

• Lack of exercise

• Smoking

• Diabetes

• High cholesterol

• Atrial fibrillation

• Sickle cell disease

• Obesity

• Alcohol abuse

• Drug abuse

• Presence of other cardiovascular disease

Harder to change or possible indicators

• Obstructive sleep apnea

• Migraine

• Certain infections

• Gum disease

• Blood markers like factor V Leiden, lipoprotein(a) or others

