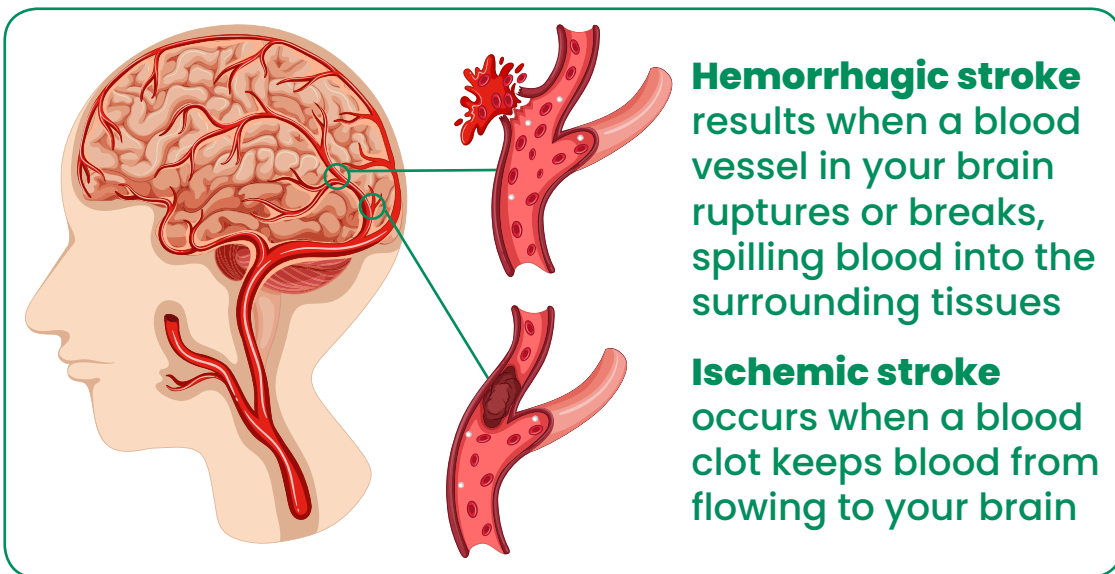


# Strike Out Against Potentially Devastating Brain Attacks

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
- Smoking
- High cholesterol
- Sickle cell disease
- Alcohol abuse
- Presence of other cardiovascular disease
- Lack of exercise
- Diabetes
- Atrial fibrillation
- Obesity
- Drug abuse

## Harder to change or possible indicators

- Obstructive sleep apnea
- Migraine
- Certain infections
- Gum disease
- Blood markers like factor V Leiden, lipoprotein(a) or others

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May



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