

HEALTH QUIZ

Family Links To Stroke: Are You At Risk? ㊦

(NAPSA)—If your mother or father has had a stroke, you may be at greater risk for one. On average, every 3.1 minutes someone dies of a stroke, and research shows that most Americans aren't aware of their stroke risk.

In an American Stroke Association survey, nearly 35 percent of those surveyed said someone close to them suffered a stroke, but only one percent worried about it happening to them. Take this quiz to find out if you are at risk:

1. I have a family history of stroke so there is nothing I can do to reduce my risk.

- True False

2. Smoking is not a risk factor for stroke.

- True False

3. Diabetes increases my risk for cardiovascular disease, including stroke.

- True False

4. High blood pressure increases my risk for a heart attack, but not for a stroke.

- True False

5. Excess weight increases my risk for stroke and heart attack.

- True False

Answers

1. False: People with a family history of stroke may be at greater risk for stroke. A genetic condition that causes high cholesterol, triglycerides, blood pressure, or a family history of diabetes are factors that increase your stroke risk. Your family's lifestyle also may contribute to stroke. You can help reduce your risk with proper diet and exercise. If you've had a stroke, talk to your doctor about

the potential benefits of medication. Your doctor may recommend a daily aspirin to prevent a second transient ischemic attack (TIA) or stroke.

2. False: Smoking is a risk factor for stroke. It increases the chance of blood clots, reduces good cholesterol, and is harmful to vascular health. If you smoke and have high blood pressure, your risk for stroke dramatically increases. Regular exposure to second-hand smoke raises stroke risk even in non-smokers.

3. True: Diabetes greatly increases the risk of cardiovascular disease, including stroke. Seventy-five percent of diabetics die from cardiovascular disease, because diabetes is usually linked to high cholesterol, high triglyceride levels and high blood pressure. Controlling diabetes will reduce your stroke risk.

4. False: High blood pressure is a risk factor for heart attack and stroke and often runs in families; however, it is controllable. Proper diet and exercise will help lower your blood pressure.

5. True: Excess weight puts a strain on the entire circulatory system and increases your risk of stroke, high cholesterol, high blood pressure and diabetes. You may not be overweight now, but look at your parents and grandparents as potential indicators of your future weight. Proper diet and exercise will help control this risk factor.

For stroke information call the American Stroke Association at 1-888-4STROKE or visit the Web site at www.StrokeAssociation.org.