

# Live Healthier

## 9 STEPS TO PREVENT STROKE

### CONTROL CHOLESTEROL

High cholesterol increases the risk of stroke by

**80%**




### MANAGE BLOOD PRESSURE

High blood pressure increases risk of stroke by

**80%**

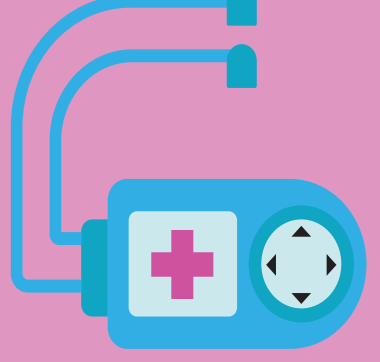
Maintain regular visits to your doctor



### REDUCE BLOOD SUGAR

Diabetes increases the risk of stroke by

**80%**

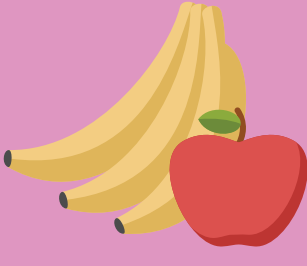


### EAT HEALTHY

Add more fruits and vegetables into your diet

Manage your food intake

Eat less carbohydrates



### GET ACTIVE

Exercise 30 minutes daily for 5 days a week to improve your heart and brain health



### SLEEP WELL

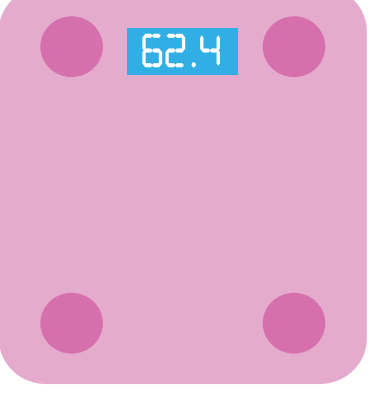
Sleep helps with brain and tissue repair



### MAINTAIN HEALTHY BODY WEIGHT

Exercise to reduce weight

Eat less fried foods and lead an active lifestyle



### STOP SMOKING

Smoking increases the risk of stroke by

**40%**

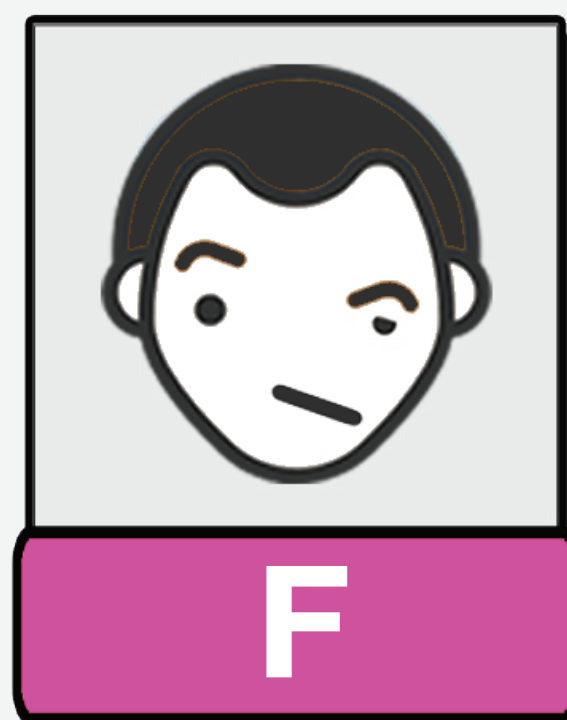


### GO FOR REGULAR HEALTH SCREENINGS

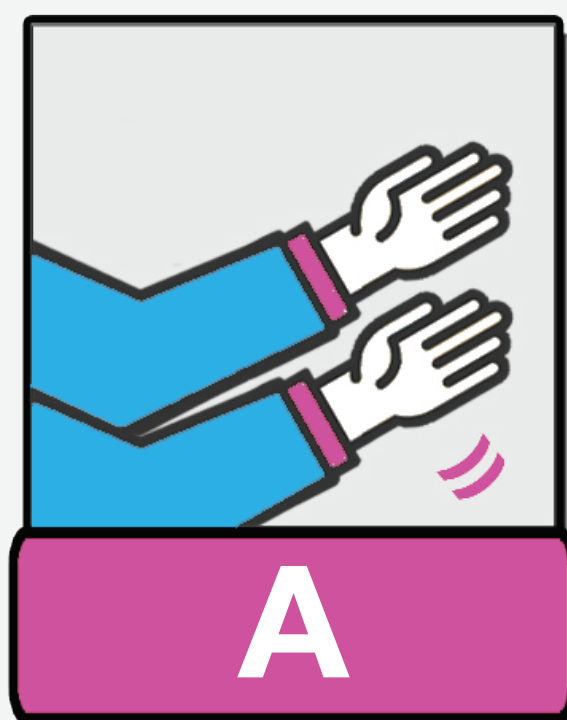


## ACT F.A.S.T.

Recognise the symptoms to limit the effects of stroke



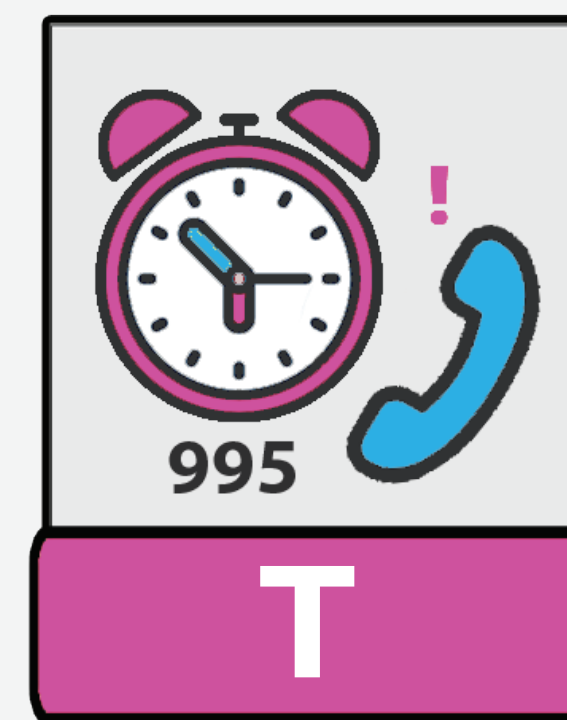
**Face**  
Is it drooping on one side?



**Arms**  
Able to lift both arms and keep them there?



**Speech**  
Does it sound slurred or unclear?



**Time**  
Call 995 immediately if you spot any of these signs.

## 控制胆固醇

高胆固醇使中风的风险增加了

80%



## 控制血压

高血压使中风的风险增加了

80%

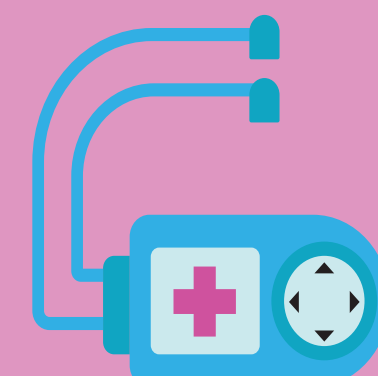


定期复诊

## 降低血糖

糖尿病使中风的风险增加了

80%



## 选择健康饮食



多吃蔬菜水果

控制饮食习惯

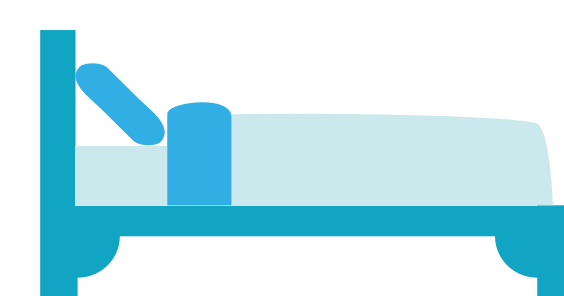
## 多做运动



每天运动30分钟

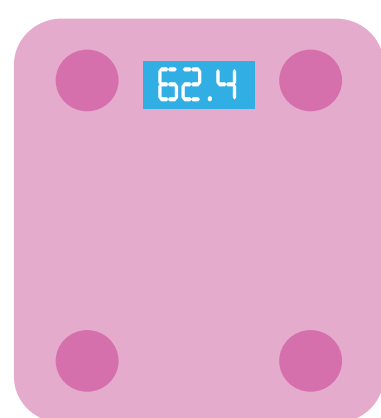
每周至少5天，增进心脏和大脑的健康

## 充足的睡眠



睡眠有助于修复大脑和身体组织

## 维持健康体重



多运动减轻体重

少吃油炸食品  
保持活跃健康的生活

## 戒烟



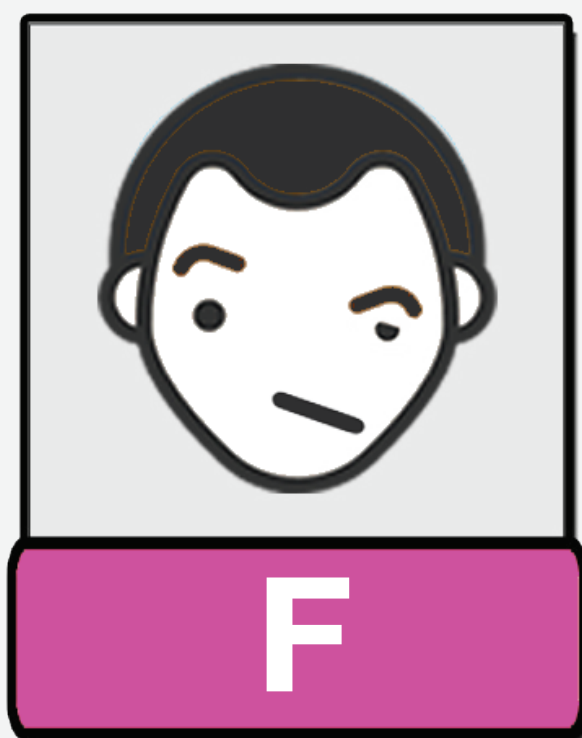
吸烟使中风的风险增加了

40%

## 定期做健康检查

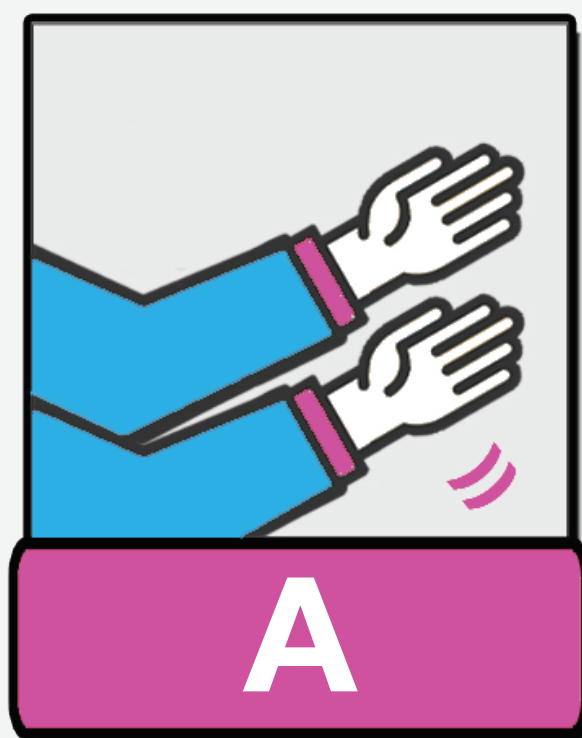


## 牢记 F.A.S.T. 口诀 认识中风征兆，减低中风后遗症



脸部

脸部是否单侧下垂不对称?



手臂

能否平举双手，保持相同高度?



说话

是否口齿不清? 句子是否清晰完整?



求救时间

把握黄金急救时间! 若发现任何症状，立即拨打995!