

Mayo Clinic Minute: How to reduce your risk of stroke

	<p>Stroke is one of the leading causes of death and disability in the U.S. with almost 800,000 cases diagnosed each year.</p>
David Miller, M.D. Radiology Mayo Clinic	<p>"Stroke can happen at pretty much any age, depending on the underlying circumstances."</p>
	<p>Dr. David Miller is the director of the Comprehensive Stroke Center at Mayo Clinic in Florida.</p> <p>He says stroke results from a blocked or torn blood vessel that decreases blood flow to the brain.</p> <p>Signs include difficulty with speech; moving an arm or leg on one side of the body; and facial asymmetry, like drooping.</p>
	<p>"There are several things that you can do to reduce your risk of stroke. The number one thing is to control your blood pressure."</p>
NATS	(Machine pumping)
	<p>Dr. Miller says work with your health care team to lower your blood pressure if it's too high.</p> <p>If you smoke, quit.</p> <p>And take steps to improve your heart health, such as exercising regularly and following a diet that's low in saturated fats and rich in fruits and vegetables.</p>
	<p>"Keep the vessels that provide blood to your heart and the ones that provide blood to your brain very healthy and very happy."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>