

Mayo Clinic Minute: How to reduce your risk of stroke

	Stroke is one of the leading causes of death and disability in the U.S. with almost 800,000 cases diagnosed each year.
David Miller, M.D. Radiology Mayo Clinic	"Stroke can happen at pretty much any age, depending on the underlying circumstances."
	<p>Dr. David Miller with the Comprehensive Stroke Center at Mayo Clinic in Florida, 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>
	"There are several things that you can do to reduce your risk of stroke. The number one thing is to control your blood pressure."
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>
	"Keep the vessels that provide blood to your heart and the ones that provide blood to your brain very healthy and very happy."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.