

Mayo Clinic Minute: Know the risk factors to prevent stroke

INTRO: Stroke can happen anywhere to anyone. In the U.S., someone has a stroke every 40 seconds. And Mayo Clinic experts say knowing the risk factors of stroke can help prevent long-term disability and even death.

Jason Howland reports in this Mayo Clinic Minute.

VIDEO	AUDIO
Felix Chukwudelunzu, M.D. Neurology Mayo Clinic	"Close to 90% of all strokes are preventable."
Jason	The first step in stroke prevention is recognizing the risk factors.
James Klaas, M.D. Neurology Mayo Clinic	"There are those that are modifiable and those that are nonmodifiable. Certain nonmodifiable would be age."
Jason	The older you are, the greater the chance of having a stroke.
Dr. Chukwudelunzu	"If you're above the age of 65, you're more likely to have a stroke than someone in their 20s or 30s, for example."
Jason	Another nonmodifiable risk factor is family history of stroke — especially a first-degree relative.
Dr. Klaas	"In terms of the modifiable risk factors, what we'd be looking for is high blood pressure — is probably the most significant — then we look for high cholesterol, smoking, diabetes, obesity, sedentary lifestyle, amongst others."
Jason	Maintaining physical activity and watching what you eat are both important factors in stroke prevention.
Dr. Chukwudelunzu	"We know that people that eat, for example, high-salt diet, they are more likely to have high blood pressure than people that don't. So dietary changes can also help reduce chances of a stroke."

Jason

For the Mayo Clinic News Network, I'm Jason Howland.