

Let's prevent stroke, together.

Stroke is a medical emergency and time counts. Call 911 immediately if you or someone you're with are exhibiting symptoms, such as blurred vision, facial drooping, one-sided body weakness, problems speaking or being understood and/or a sudden and severe headache.

Stroke prevention tips:



Monitor and lower blood pressure



Don't smoke, but if you do, consider quitting*



Know your cholesterol and blood sugar levels



Maintain a healthy weight



Exercise regularly



Eat well



Take steps to manage stress



If you have been diagnosed with atrial fibrillation, be sure it is managed



Take medication as prescribed by your doctor

Building a relationship with a Primary Care Physician (PCP) is one of the best ways to maintain good health, manage chronic health conditions and monitor and address risk factors for conditions such as stroke and heart disease. To be connected with an RWJBarnabas Health PCP, visit [rwjbh.org/medicalgroup](https://www.rwjbh.org/medicalgroup) or call **888-724-7123**.

* Visit [rwjbh.org/nicotinerecovery](https://www.rwjbh.org/nicotinerecovery) for quit resources available through RWJBarnabas Health.

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Let's be healthy together.