

STROKE AWARENESS MONTH

Kari Haefner, MSN, RN, NPD-BC



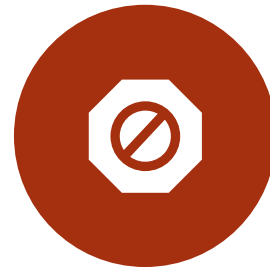
STROKE RISK FACTORS



HIGH BLOOD
PRESSURE



ATRIAL
FIBRILLATION (AFIB)



HIGH
CHOLESTEROL



EXCESSIVE
ALCOHOL INTAKE

STROKE RISK FACTORS



OBESITY



PHYSICAL
INACTIVITY



ILLICIT DRUG
USE



TOBACCO USE



Life's
Essential 8TM

STROKE PREVENTION

Know the cause of YOUR stroke

Manage high blood pressure

Control cholesterol

Reduce blood sugar

Be active

Eat better











Lose weight

Stop smoking

Be involved with YOUR treatment plan

Take medications as prescribed

Join a program that includes exercise, education and counseling

Food group		How often?	How much?
Berries (fresh or frozen) blueberries, strawberries, blackberries		≥ 3 servings/week	1 cup fresh or frozen
Green, leafy vegetables – spinach, kale, arugula, Swiss chard		6 servings/week	2 cups raw leafy greens or 1 cup cooked
Other vegetables (fresh, frozen or low sodium, canned) – carrots, broccoli, green beans, cauliflower		1 serving/day	½ cup cooked or 1 cup raw
Whole grains – brown rice, farro, quinoa, oats, barley		≥ 3 servings/day	½ cup cooked whole grains, 1 slice 100% whole-wheat bread, 1 cup whole-grain cereal
Beans (canned rinsed and drained or dried) black beans, garbanzo beans, hummus, lentils, pinto beans, white beans		≥ 3 servings/week	½ cup cooked
Nuts – almonds, pecans, pistachios, walnuts		5 servings/week	1 ounce or ¼ cup (as a small snack or as a topping for salads)
Fish (fresh, frozen, or canned; not fried) – especially fatty fish such as salmon, tuna, mackerel, herring, sardines		≥ 1 serving/week	3 ounces
Poultry (fresh or frozen; not fried) – chicken, turkey		2 servings/week	3 ounces
Olive oil		Use as main cooking oil and in salad dressings	1 tablespoon
Red wine		1 serving/day	5 ounces

Foods to avoid or minimize

Food group	How often?
Butter and stick margarine	< 1 tablespoon/day
Cheese	< 1 x/week
Fried or fast foods	< 1x/week
Pastries and sweets	< 5x/week
Red meat	< 4x/week

B

Balance



Has the person lost their balance or coordination suddenly?

E

Eyes



Is the person suddenly having trouble seeing out of one or both eyes?

F

Face



Ask the person to smile. Does one side of the face droop?

A

Arms



Ask the person to raise both arms. Does one arm drift downward?

S

Speech



Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T

Time



If you observe any of these signs, call **911** immediately.

****Officially adopted by the American Stroke Association May 2026****



Kari Haefner, RN, MSN, NPD-BC

Kari.Haefner@corewellhealth.org

248-964-3617

THANK YOU!