

# F<sup>FACE</sup> A<sup>ARMS</sup> S<sup>SPEECH</sup> T<sup>TIME</sup>

**4 out of 5 Strokes can be prevented by**

- ☒ **Controlling your blood pressure**
- ☒ **Quitting smoking**
- ☒ **Managing your cholesterol levels**
- ☒ **Eating a balanced diet**
- ☒ **Controlling your blood sugar levels**
- ☒ **Managing an irregular heartbeat**
- ☒ **Limiting alcohol consumption**
- ☒ **Reducing chronic stress**
- ☒ **Achieving a healthy weight**
- ☒ **Being physically active**

**NUTRITION  
HELPLINE  
8007 3307**

     
**HPDPMalta**  
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**SMOKING  
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