

# 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**

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