



Uncontrollable Risk Factors

There are many factors of stroke that you **CANNOT** control like age, gender, race, ethnicity, and family history. Talk to your healthcare provider about your risk for stroke.

Learn more about
prevention at
www.stroke.org



CONTROLLABLE risk factors for stroke include:

- high blood pressure
- high cholesterol
- obesity
- lack of physical activity
- tobacco use
- alcohol use

Take steps to reduce
your risk for stroke!
www.stroke.org

