Every 40 seconds, someone has a stroke. The good news is that stroke can be prevented.

**WHAT IS A STROKE?**
A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted.

**2 MAJOR KINDS OF STROKE**

- **Most Common:** Ischemic stroke is caused by a blockage of blood vessels in the neck or brain, most often caused by a blood clot or severe narrowing of the blood vessels.

- **Second Most Common:** Hemorrhagic stroke is caused by a blood vessel in the brain that breaks and bleeds into the brain.

**Exercise**  
**Eat Healthy**  
**Control Cholesterol**  
**Manage Diabetes**  
**Quit Smoking**  
**Treat High Blood Pressure**