

Every year, around 150,000 people in the UK have a brain stroke. South Asians (Bangladeshis, Indians and Pakistanis) have a higher risk of brain stroke than the rest of the population.

The risk of brain stroke can increase due to:

- An unhealthy diet
- A lack of exercise
- Tobacco use
- Drinking too much alcohol
- Family history

What is a brain stroke?

Just like your heart, your brain depends on a healthy blood supply to function properly and survive. A brain stroke is a brain attack and happens when the arteries that supply blood to the brain become blocked or damaged.

Brain stroke is a medical emergency. The faster you spot a sign of brain stroke in a family member or a friend and call for medical help, the more of the loved one you will save.

You can reduce your risk of having a brain stroke by making small changes to your diet and lifestyle. These changes can help lower your blood pressure, control diabetes and lower your cholesterol levels - all of which are common conditions among South-Asians and increase the risk of brain stroke.

If you see any one of these signs ACT FAST, call 999 and get immediate medical help

www.brainstroke.org.uk

BRAIN STROKE IS A MEDICAL EMERGENCY

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برین اسٹروک ایک میڈیکل ایمرجنسی ہے۔

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برین اسٹروک کا خطرہ کم کرنے کے لیے اچھے طریقے

1. **اپنا بلڈ پریشر چیک کریں**
اگر آپ کا بلڈ پریشر زیادہ ہے تو اسے کنٹرول کرنے کے لیے دوائی لے سکتے ہیں۔ بلڈ پریشر کو کنٹرول کرنے سے آپ کا برین اسٹروک کا خطرہ کم ہوگا۔
2. **صحیح غذا کھائیں**
اپنا غذا کا انتخاب صحیح کریں۔ کم چکنائی، کم نمک اور کم شکر والی غذا کھائیں۔
3. **گہرا سانس لیں**
گہرا سانس لینے سے آپ کا دل اور شریانیں صحیح طریقے سے کام کر سکتی ہیں۔
4. **روزانہ ورزش کریں**
روزانہ ورزش کرنے سے آپ کا دل اور شریانیں صحیح طریقے سے کام کر سکتی ہیں۔
5. **تھوڑا سا پیو**
تھوڑا سا پیو تاکہ آپ کا دل اور شریانیں صحیح طریقے سے کام کر سکتی ہیں۔
6. **سیکھڑی اور پیسی کو روکیں**
سیکھڑی اور پیسی کو روکنے سے آپ کا دل اور شریانیں صحیح طریقے سے کام کر سکتی ہیں۔

Small changes to your lifestyle can reduce the risk of brain stroke

1. **Reduce fat, salt and sugar. Grill, bake or steam food. Eat more fruit and vegetables, brown rice, fish, beans and lentils.**
2. **Do regular exercise for at least 30 minutes a day.**
3. **Quit smoking / using tobacco products. NHS Stop Smoking Services can help.**
4. **Heavy drinking increases the risk of brain stroke by more than three times.**
5. **Alcohol also contains a lot of calories which will make you gain weight. This will also increase your blood pressure.**
6. **High blood pressure, High cholesterol & other health issues INCREASED RISK OF HAVING A BRAIN STROKE**
7. **Reduced blood pressure, Reduced cholesterol & other health issues DECREASED RISK OF HAVING A BRAIN STROKE**

Top Tips Reducing the risk of brain stroke

1. **Check your blood pressure**
If you are South Asian you are more likely to have high blood pressure. High blood pressure is one of the biggest risk factors for brain stroke.
2. **Lower your salt intake**
One of the quickest ways you can lower your blood pressure is to eat less salt. Salt makes your body retain water, so this extra stored water raises your blood pressure. Adults should eat no more than 6g of salt a day (about a teaspoon).
3. **Eat a healthy diet**
A healthy balanced diet can reduce your risk of stroke. Aim to eat at least five portions of fruit and vegetables a day. Avoid food high in butter and grease, food or streams of fat and eat more whole meat (chicken and fish) instead of red meat (beef and lamb). Asian sweetmeats (mithai) such as jalebi, laddu, gulab jamun and burfi contain very high levels of fat and sugar and should only be eaten on special occasions.
4. **Exercise regularly**
Research has shown that South Asians in the UK do not exercise enough. Taking regular exercise has many health benefits. It can help to lower cholesterol and blood pressure, help maintain a healthy weight, strengthen your heart and improve circulation. All of which can help to reduce your risk of brain stroke.
5. **Stop using tobacco**
Tobacco use can double your risk of brain stroke. Whether you smoke cigarettes, beedis or shisha, chewing tobacco in pan or gutika, it is still harmful to your health and can increase the risk of serious health problems. Choose to quit the habit, a good occasion could be Ramadan, Diwali, or the birth of a new baby in the family.
6. **Reduce alcohol consumption**
If you drink too much alcohol this will raise your blood pressure over time. Heavy drinking increases the risk of brain stroke by more than three times.