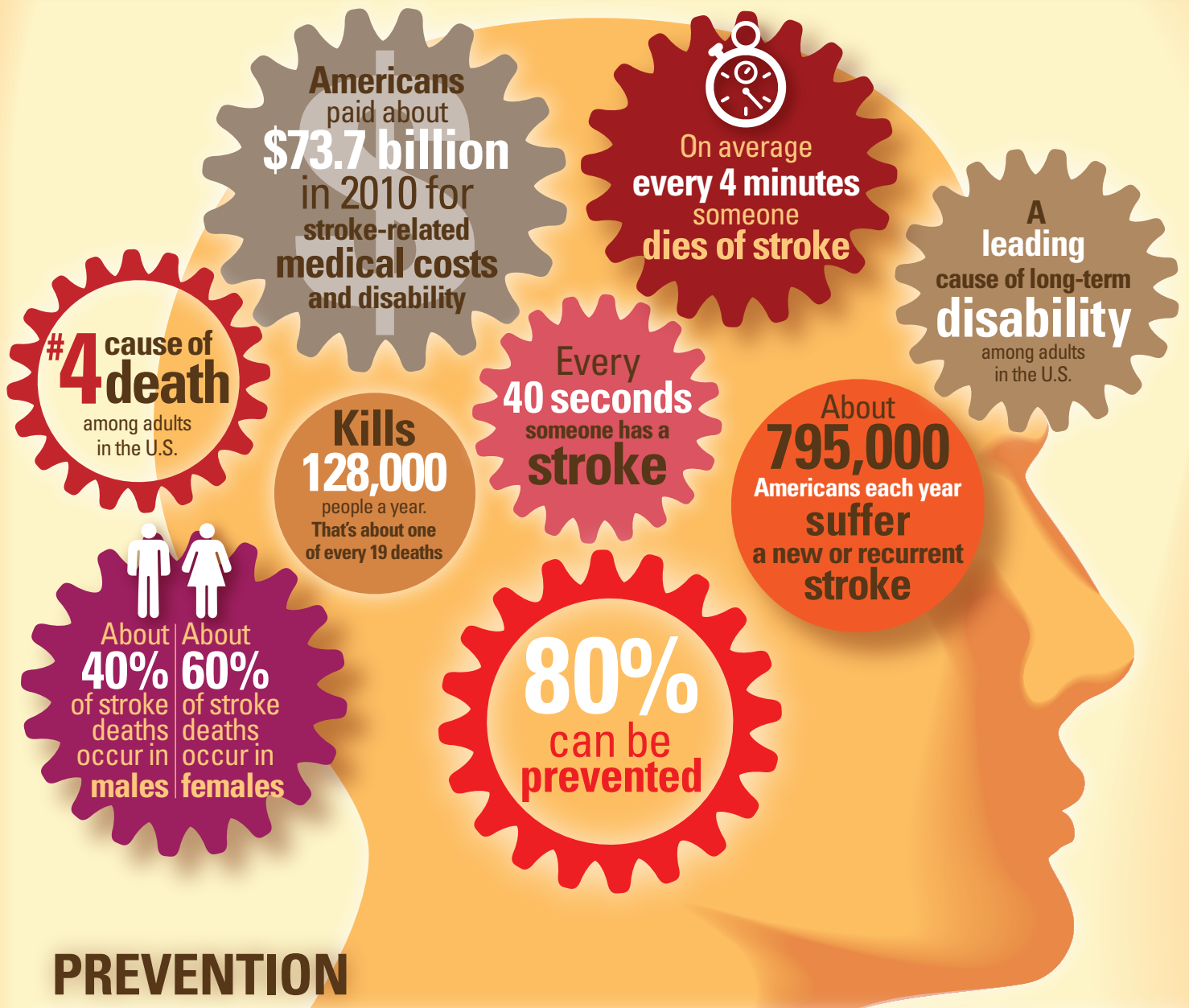


STROKE—Preventable, Treatable, Beatable



PREVENTION

Lowering your systolic by 20 mmHg and lowering your diastolic blood pressure by 10 mmHg may **decrease your risk of stroke** and ischemic heart disease **by about 50%**

The **American Heart Association** recommends a **daily limit** of **1500 mg of sodium.**

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Together to End Stroke™