



Always a good time to learn about stroke prevention

Around 17 million strokes occur worldwide each year, despite compelling evidence that it is a largely preventable condition. Stroke shares risk factors with other cardiovascular diseases (CVDs) and with many other non-infectious, or non-communicable diseases (NCDs). Addressing stroke risk factors requires both individual and society level interventions – addressing lifestyle and medical issues. This knowledge motivated SAFE to create the website www.strokeprevention.info in 2018. The aim of this website is to inform and inspire people to take individual interventions, such as giving up smoking or taking better control over their blood pressure and take an active role in preventing stroke.

Based on the INTERSTROKE study's findings, ten modifiable risk factors are responsible for 90% of strokes. This website collates all relevant information on the most common risk factors such as: hypertension, physical activity, diet, obesity, smoking, cholesterol, heart disease, alcohol, stress and diabetes. In addition to being written in a lay-friendly language, all website information is in a format appropriate for people with disabilities.

This useful repository for reliable and easy to use information on 10 modifiable stroke risk factors got a chance to expand its audience by being translated to Polish, Spanish, Portuguese, Russian and French and relaunched in Autumn 2019.



For more information, please visit:

www.strokeprevention.info