



# Health and Wellness Tip of the Week

Week 7 - February 11, 2019

## Check During Your Checkup

Stroke is a disease that affects the arteries leading to and inside the brain. Knowing your risk factors can help you keep stroke in check. There are some risk factors you can change, but some are genetic. Some risk factors you can work with your doctor to treat are:

- High blood pressure
- Smoking
- Diabetes
- High cholesterol
- Obesity
- Extreme alcohol intake
- Sleep apnea

If you have any of the conditions above, talk to your doctor about treating them and lowering your risk of stroke.

*Source: American Stroke Association*

### City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

