

# Stroke Prevention

## PART THREE

### Weight (BMI)



A Patient's Guide

A healthy weight reduces your risk.

Being overweight increases your risk of:

- ▶ Stroke
- ▶ Diabetes
- ▶ High blood pressure
- ▶ Liver disease

#### Healthy Range

BMI 18.5–24.9

(Your GP can advise what is right for you)



#### Small Changes Matter

- ▶ Losing even a small amount of weight can:
- ▶ Lower blood pressure
- ▶ Improve cholesterol
- ▶ Reduce stroke risk



### SIMPLE STEPS YOU CAN TAKE

Eat regular, balanced meals

Reduce sugary and processed foods

Stay active within your ability



Contact GP if:

You experience unexpected weight loss

You have difficulty managing your weight

Your appetite is poor after stroke

