



Keeping your brain healthy

Every four minutes, someone dies from a stroke, making it the third leading cause of death in the U.S. A stroke happens when blood flow to the brain is cut off. The lack of oxygen causes cells to die. Staying active and eating right can help lower your risk of stroke.

Help your chances of staying healthy with these five tips:

- Control high blood pressure.
- Lower cholesterol.
- Stop smoking or don't start.
- Keep blood sugar in the normal range.
- Treat heart problems.

The longer care is delayed, the more likely harm will result. Call 911 if you suspect this problem in yourself or someone else.

Sources: U.S. Department of Health & Human Services; National Institutes of Health

bcbsil.com

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Know the signs: Strokes most often happen with no warning. Watch for these signs: numbness, chiefly on one side of the body; trouble seeing; a bad headache; confusion; or trouble walking or speaking. To learn more, check out the resources in the Personal Health Manager in Blue Access for MembersSM.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			



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