■ 7 MOST IMPORTANT WAYS TO BE STROKE FREE

RNC HOSPITAL, BAGALKOT

Trusted Neuro & Trauma Care Centre

STAY STROKE FREE – ACT FAST!

■ **Control Your Blood Pressure:** High BP is the leading cause of stroke. Check it regularly and maintain it below 130/80 mmHg.

■ **Manage Diabetes Effectively:** Keep your blood sugar under control through diet, medication, and regular follow■ups.

■ **Quit Smoking & Limit Alcohol:** Smoking doubles your stroke risk. Avoid tobacco and limit alcohol to keep your blood vessels healthy.

■■■■ **Stay Physically Active:** Engage in at least 30 minutes of brisk walking, cycling, or exercise 5 days a week.

■ **Eat a Balanced Diet:** Include fruits, vegetables, whole grains, and lean proteins. Cut down on salt, sugar, and saturated fats.

■■ **Maintain a Healthy Weight:** Obesity increases the risk of high BP, diabetes, and heart disease—all linked to stroke.

■ **Recognize Early Stroke Signs:** Remember **FAST** — Face drooping, Arm weakness, Speech difficulty, Time to reach hospital. Every minute counts!

Visit RNC HOSPITAL, BAGALKOT For expert stroke prevention, treatment, and rehabilitation care.	■ www.rnchospital.com ✆■ 08354■295555 ■ Above City Scan Centre, Near Rotary Circle, Navanagar Road, Bagalkot