



TOTAL BRAIN HEALTH® FAIR STATION


10-15
minutes


10 to 15
people

STROKE AWARENESS

TBH Focus:

Body | *Live With Your Brain in Mind*

The TBH Science:

Given that stroke (an interruption in blood flow to the brain) is a leading risk factor for dementia, as well as the third leading cause of disability among adults in the United States, it's a no-brainer that we should do all we can to prevent stroke from happening. The good news: There are plenty of straightforward measures we can take to do so. Two large studies, one by the Harvard School of Public Health and another published in the online version of *The Lancet* found that a healthy lifestyle—balanced diet, regular aerobic exercise, not smoking—could stave off stroke, in part by impacting one of the leading causes of stroke: hypertension. According to *The Lancet* study, high blood pressure is responsible for one-third of all risk for stroke, so managing hypertension can keep stroke—and the dementia and other brain problems caused by stroke—at bay. At this Station, participants can either have their blood pressure screened or hear a presentation about the effect that high blood pressure can have on brain health—or both.

You Will Need:

- **Two or more nurses to conduct blood pressure screenings**
- **All necessary equipment for blood pressure screenings, including cards on which to record results**
- **Chairs for participants being screened, plus extras for folks who are waiting (or listening to a presentation)**
- **Table or other surface to display written information**
- **Handouts about stroke; the National Stroke Association (www.stroke.org) has a variety of terrific downloadable brochures**
- **OPTIONAL: A staff member or volunteer who can do a short presentation about stroke prevention**

How It Works:

Nurses will screen participants for high blood pressure. If the Station is to include a presentation, it will take place during screenings.

Variation:

Have a nurse or other expert do a presentation and offer hand-outs about stroke prevention without offering blood pressure screenings.

