

## TIC TAC RISK

### For Stroke

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk for the disease or to preserve function and quality of life.

Physical Inactivity	Coronary Heart Disease	Smoker
Increased Triglycerides	Hypertension Diastolic Pressure > 90 mm Hg	Obesity
African-American	Artherosclerosis	Diabetes

Decrease your risks with management & prevention:

- Exercise
- No Smoking
- Low Fat Diet
- Low Cholesterol Diet
- Limit Alcohol Intake
- Reduce Blood Pressure
- Limit Salt Intake
- Maintain Healthy

The Northeastern Region of the American Heart Association supports FitScript™ as a means of health promotion among senior, child, and adult populations.



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