



Why this website?



- 10 stroke risk factors responsible for 90% of strokes (hypertension, physical activity, diet, obesity, smoking, cholesterol, heart disease, alcohol, stress and diabetes)
- Information on the Internet are often scattered across different platforms; often unreliable or written in a scientific language so regular people could not benefit from it


10 stroke risk factors




- We know from the INTERSTROKE study that 90% of strokes are avoidable if we make changes to our lifestyle and behaviour.
- Our goal is to increase awareness and behaviour change by creating an online resource that will collate all relevant information on the most common risk factors


38 evidence- based articles

- Each stroke risk factor covered by three articles
- Additional reading and useful links provided for people who want more information



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[MEDIA](#)
[RESOURCES](#)
[CONTACT](#)






5 Ways to Keep Your Heart Healthy

Heart disease and stroke are the two leading causes of death globally, accounting for 15.2 million deaths in 2016. (1) In adults aged 45–69, they are also the leading causes of life years lost through disability and deaths worldwide. (2) The good news is that heart...

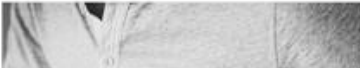
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The Link Between Stroke and Heart Disease


Heart disease and stroke have a lot in common. They belong to a group of cardiovascular diseases and are linked by their prevalence, being among the top causes of death worldwide, and by their long list of preventable causes. They are both caused by cardiovascular...

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Is Your Heart Putting You at Risk of Stroke?


Some people have an irregular, and often rapid, heartbeat




High Blood Pressure




Diabetes




Atrial Fibrillation




Physical Inactivity




High Cholesterol



Poor Diet



Smoking



Alcohol

5 infographics

- 5 ways to keep your heart healthy
- Can high cholesterol be an inherited condition?
- 8 facts about smoking and stroke
- 10 fascinating things about stroke and high blood pressure
- 5 signs of post-stroke depression



3 animated videos



Short animated videos are there to make the facts visually interesting

- Do you know what is a DASH Diet? Some experts recommend following the DASH Diet (Dietary Approaches to Stop Hypertension) to lower your risk of developing high blood pressure.
- Ever wondered what you could do to lower your cholesterol or cut back on your alcohol intake?

Exclusive podcasts with top-class stroke experts



SAFE PODCAST
Topic: Stroke and Women

Valeria Case, MD, PhD, FESO



SAFE PODCAST
Topic: Stroke Prevention

Dr Edo Richard
NEUROLOGIST, RADBOUD UNIVERSITY
MEDICAL CENTER, NIJMEGEN,
NETHERLANDS



Future

- New articles
- New podcast interviews
- Blog section in 2019

The website's development is supported by AMGEN.



Thank you for your attention