

# STROKES DON'T JUST HAPPEN TO THE OLD.

(1 in 4 people are under 65)



## REDUCE YOUR CHANCES OF HAVING A STROKE:

**Check your blood pressure  
regularly. Exercise regularly.  
Don't smoke. Eat healthily.  
Drink sensibly.**

**For further free and confidential advice,  
see your doctor or call**

**NHS  
Direct**

Dial 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)



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