

# kNOw Stroke contest

RACK YOUR BRAIN

Please read the kNOw Stroke newsletter to learn about stroke prevention. Then, follow the directions and complete the activities below:



## KNOW YOUR NUMBERS

### PART A

Fill in the blanks using the numbers listed in the number bank below. Remember, there are more numbers than blanks.

1. A blood pressure reading of less than \_\_\_\_\_ / \_\_\_\_\_ mm/Hg is considered normal.
2. Only \_\_\_\_\_ % of all strokes are hemorrhagic (blood leaking into the brain).
3. In Canada, approximately \_\_\_\_\_ stroke survivors live with the effects of stroke.
4. Those who have had a transient ischemic attack (TIA) are \_\_\_\_\_ times more likely to have a major stroke.
5. At the first sign of stroke, call \_\_\_\_\_ for help immediately.
6. To reduce your risk of stroke, your LDL cholesterol should be less than \_\_\_\_\_ mmol/L.
7. Be physically active to lower your chance of stroke. Adults should get at least \_\_\_\_\_ minutes of moderate to vigorous physical activity per week.

### NUMBER BANK

10 3.5 20 100  
150 911 5 80 120 60  
300000



## A STROKE OF GENIUS

### PART B

Which of the following is NOT a risk factor for stroke? Please check the box beside the correct answer.

- Obesity
- High blood pressure
- Smoking
- High HDL cholesterol
- Alcohol misuse
- Physical inactivity

NAME: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

EMAIL: \_\_\_\_\_

