

May 2017 -Million Hearts®CollaborationMessaging

CelebrateNational Stroke Awareness Month, National High Blood Pressure Education Month and Women's Health Week by sharing stroke prevention tips, such as the importance of blood pressure control, with your Family, Friends and Patients

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We Want to Know!

Do you like these messages? Do they meet your needs? [Tell us how we're doing](#) We want your

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Can you spot the signs and symptoms of a #stroke? Celebrate #StrokeMonth by testing your knowledge with this quiz: <http://bit.ly/2pw66gA>

Anyone can have a #stroke, but there are ways to prevent one. Know your risks! #StrokeMonth #BloodPressure <http://bit.ly/2165G8u>

Up to 80% of strokes can be prevented! Get tips from @MillionHeartsUS on how to lower #stroke risk: <http://1.usa.gov/1TAlaSg> #StrokeMonth

May 17 is #WorldHypertensionDay! Do you #KnowYourNumbers? Find out if your BP is too high. Get checked! <http://thndr.me/02uua1>

## Facebook

Stroke is the 5th leading cause of death for adults in the US, killing more than 130,000 Americans each year. The good news is that 80% of strokes can be prevented! One of the biggest ways to prevent a stroke is by controlling your blood pressure. Help celebrate National Stroke Awareness Month and National Blood Pressure Education Month by adding this badge to your e-mail signature. Together, we can make a difference! [Image 1]

Not knowing or controlling your blood pressure is riskier than skydiving or swimming with sharks! That's because stroke and dementia are more likely to affect people with high blood pressure. Know your risks! <http://bit.ly/2165G8u> [Image 2 optional]

May is National Stroke Awareness Month. To celebrate, join Dr. Sanjay Gupta and experts in the field for a Twitter chat to learn about stroke risk factors, the importance of keeping your brain healthy and the latest stroke research. #StrokeTalk will be held on Tuesday, May 9, from 2 p.m. ET [Image 3]





If you have high blood pressure, you can lower your blood pressure by taking medication and making lifestyle changes, such as quitting smoking, limiting your consumption of alcoholic beverages, eating healthy, low-sodium foods, and exercising.

National Association of Chronic Disease Directors

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