

BE STROKE S.M.A.R.T. 预防中风要 S.M.A.R.T.

CHOOSE HEALTHY MEALS. 健康饮食。



Stroke Services Improvement

Supported by the Ministry of Health



EVERY CHOICE 谨慎选择

A STEP AHEAD OF STROKE. 远离中风。

Most strokes can be prevented. Stay a step ahead of stroke by living a **s** smoke-free life, eating healthy **m** meals, staying **a**ctive, going for **r**egular health screening and **t**aking prescribed medications.

大多数中风是可以预防的。远离中风可尽早采取健康的生活方式包括：不抽烟、健康饮食、保持活跃、定期体检和按处方服药。



S smoke-free living
不抽烟



M meals that are healthy
健康饮食



Active lifestyle
保持活跃



Regular health screening
定期体检



Take prescribed medications
按处方服药

BE
STROKE
SMART