

# BE STROKE S.M.A.R.T. 预防中风要 S.M.A.R.T.

LIVE A SMOKE-FREE LIFE.  
不抽烟。



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 smoke-free life, eating healthy meals, staying active, going for regular health screening and taking 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。



BE  
STROKE  
SMART