

尽早预防

远离中风

80% 的中风是可以预防的。
采取 S.M.A.R.T. 生活方式, 以降低中风风险。

S M A R T



S smoke-free
living
不抽烟



M eals that
are healthy
健康饮食



A ctive
lifestyle
保持活跃



R egular
health
screening
定期体检



T ake
prescribed
medications
按处方服药



Stroke Services Improvement

Supported by the Ministry of Health

STOP **SPOT**
STROKE **STROKE**
Know your risk, reduce your risk Fast discovery helps recovery