

STEP AHEAD OF STROKE

尽早预防 远离中风

80% of strokes can be prevented.
Be S.M.A.R.T. to reduce your stroke risk.

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 Smoke-free living
不抽烟



M Meals that are healthy
健康饮食



A Active lifestyle
保持活跃



R Regular health screening
定期体检



T Take 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