

STEP AHEAD OF STROKE

AMBIL LANGKAH PENCEGAHAN

ANGIN AHMAR

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

80% angin ahmar boleh dicegah.
Jadilah S.M.A.R.T. untuk mencegah angin ahmar.

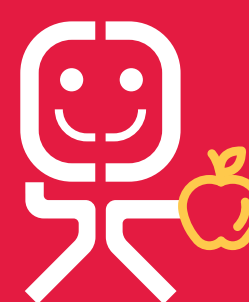
S

Smoke-free living
Hidup bebas dari asap rokok



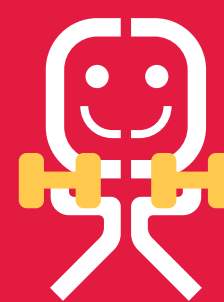
M

Meals that are healthy
Makan makanan yang sihat



A

Active lifestyle
Gaya hidup aktif



R

Regular health screening
Jalani pemeriksaan kesihatan secara tetap



T

Take prescribed medications
Ambil ubat yang ditetapkan



Stroke Services Improvement

Supported by the Ministry of Health

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