

BRENTWOOD EAST FAMILY MEDICINE MANISHA KALRA, MD, FAAFP



STOP Stroke



Act F.A.S.T.



Spread HOPE

MAY IS
NATIONAL STROKE
AWARENESS MONTH

DID YOU KNOW?

- ON AVERAGE, EVERY 40 SECONDS, SOMEONE IN THE US HAS A STROKE
- ON AVERAGE, EVERY 3 TO 4 MINUTES, SOMEONE DIES OF A STROKE
- WOMEN 45—54 YEARS OF AGE ARE MORE THAN TWICE AS LIKELY AS MEN TO SUFFER A STROKE.



Brentwood East Family Medicine

Manisha Kalra, MD, FAAFP

6688 Nolensville Pike, Suite 101

Brentwood, TN 37027

Phone: 615.941.7501

Fax: 615.941.7502

BrentwoodEastFamilyMedicine.com

Know the risk factors:

- High blood pressure
 - Heart disease
 - Smoking
 - Diabetes
 - Lack of exercise
 - Obesity
- Abnormal cholesterol levels
 - Drug Abuse

Why is it important to know your risk for stroke?

Knowing your risk for stroke is the first step in stroke prevention. You can change or treat some of the risk factors. You should have regular medical checkups to know your risk, and you can focus on what you can change to lower your risk of stroke.

High blood pressure is the Number 1 cause of stroke. Know your blood pressure.

Come in for a blood pressure reading today!

A New Commitment to Healthcare... Together