



8 Proven Strategies to Slash Your Stroke Risk

Description

Many people do not know the [risk factors for stroke](#). Preventing stroke is very important for public health.

Stroke is a main cause of death and disability in England. It can be prevented. Although many believe strokes only happen to older people, they can occur at any age. More young adults under 55 are having strokes now.

Risk factors include high blood pressure, high cholesterol, obesity, diabetes, and smoking. Lifestyle choices like drinking too much alcohol and using drugs like cocaine can also increase risks.

Some factors we cannot change, like age or family history. However, we can do things to reduce our stroke risk.

Eight Ways to Reduce Stroke Risk

- 1. Stop smoking.** Smokers are more likely to have a stroke.
- 2. Check your blood pressure.** High blood pressure is dangerous.
- 3. Keep track of your cholesterol.** High cholesterol can cause strokes.
- 4. Watch your blood sugar.** High blood sugar is not good for you.
- 5. Stay at a healthy weight.** Being overweight increases stroke risk.
- 6. Follow a Mediterranean diet.** This diet is healthy and rich in fiber. It may lower stroke risk.
- 7. Sleep well.** Get seven to nine hours of sleep each night.
- 8. Stay active.** Aim for at least 150 minutes of exercise each week.

Making these changes can help you live a healthier life and reduce stroke risk.

Vocabulary List:

- 1. Stroke** /stroʊk/ (noun): A medical condition where poor blood flow to the brain results in cell death.
- 2. Risk** /rɪsk/ (noun): The possibility of suffering harm or loss.
- 3. Obesity** /oʊˈbiː.sɪ.ti/ (noun): The condition of being grossly fat or overweight.
- 4. Cholesterol** /kəˈles.tə.rəl/ (noun): A substance that is found in the body and can lead to heart disease when in excess.
- 5. Mediterranean** /ˌmedɪtəˈreɪniən/ (adjective): Relating to the Mediterranean Sea or its region often characterized by a diet rich in fruits vegetables and healthy fats.
- 6. Prevention** /prɪˈvenʃən/ (noun): The act of stopping something from happening or arising.



Comprehension Questions

Multiple Choice

1. Which of the following is NOT a risk factor for stroke?

- Option: High cholesterol
- Option: Obesity
- Option: Regular exercise
- Option: Smoking

2. What lifestyle choice can increase the risk of stroke?

- Option: Drinking too much alcohol
- Option: Eating fruits and vegetables
- Option: Getting enough sleep
- Option: Regular exercise

3. Which age group is mentioned to be increasingly affected by strokes?

- Option: Under 30
- Option: Between 40-50
- Option: Over 60
- Option: Under 55

4. What is recommended sleep duration to reduce stroke risk?

- Option: 5-6 hours
- Option: 7-9 hours
- Option: 10-12 hours
- Option: 3-4 hours

5. Which factor cannot be changed to reduce stroke risk?

- Option: Smoking
- Option: Age
- Option: Family history
- Option: Cholesterol levels

6. What type of diet is mentioned to help lower stroke risk?

- Option: Keto diet



- Option: Mediterranean diet
- Option: Paleo diet
- Option: Raw food diet

True-False

- 7. Stroke is a main cause of death and disability in England.
- 8. High blood pressure is not a risk factor for stroke.
- 9. Staying at a healthy weight does not affect stroke risk.
- 10. Lifestyle choices like alcohol consumption can increase stroke risks.
- 11. More young adults under 55 are having strokes now.
- 12. We can change our age to reduce stroke risk.

Gap-Fill

- 13. High cholesterol can _____ strokes.
- 14. Maintaining a healthy weight can help reduce stroke _____.
- 15. Sleeping _____ hours each night is recommended to reduce stroke risk.
- 16. To lower stroke risk, it is recommended to aim for at least 150 minutes of _____ each week.
- 17. Following a Mediterranean diet may lower stroke _____.
- 18. Smokers are more likely to have a _____.

Answer

Multiple Choice: 1. Regular exercise 2. Drinking too much alcohol 3. Under 55 4. 7-9 hours 5. Age
6. Mediterranean diet

True-False: 7. True 8. False 9. False 10. True 11. True 12. False

Gap-Fill: 13. cause



14. risk 15. seven to nine 16. exercise 18. stroke

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What product is recommended to protect the skin from harmful UV rays?
Option: Sunglasses
Option: Sunscreen
Option: Scarf
Option: Sweater
2. Which condition is characterized by excessive body weight?
Option: Anemia
Option: Obesity
Option: Asthma
Option: Eczema
3. What is a waxy substance found in the blood that can lead to heart disease if levels are high?
Option: Fiber
Option: Vitamin C
Option: Cholesterol
Option: Potassium
4. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?
Option: Technology
Option: Environment
Option: History
Option: Economics
5. What is the ability to understand and share the feelings of another?
Option: Cruelty
Option: Empathy
Option: Rudeness
Option: Selfishness
6. Which type of diet is known for its focus on fruits vegetables and olive oil?



- Option: Keto
- Option: Vegan
- Option: Mediterranean
- Option: Paleo

7. Which deep-sea creature uses a glowing lure to attract prey?

- Option: Sea Horse
- Option: Clownfish
- Option: Anglerfish
- Option: Starfish

8. Which material is a major contributor to pollution in oceans?

- Option: Glass
- Option: Metal
- Option: Plastic
- Option: Wood

9. What term refers to the action of stopping something from happening or arising?

- Option: Treatment
- Option: Prevention
- Option: Cure
- Option: Recovery

10. Which substances are often present in cleaning products and can be harmful if not used properly?

- Option: Seeds
- Option: Chemicals
- Option: Minerals
- Option: Acids

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

- 11. Excessive exposure to the sun can increase the risk of _____.
- 12. High blood pressure is a significant risk factor for _____.
- 13. Water is a critical _____ for all living organisms.
- 14. The institution responsible for creating and enforcing laws is the _____.
- 15. Successful projects often require strong _____ among team members.



16. Farmers grow crops and raise livestock to _____ food for the population.
17. The price of goods or services is often a determining factor in the _____ decision.
18. Enzymes in the digestive system help _____ food into nutrients for the body.
19. Encountering something unusual or unfamiliar may be described as _____.
20. Predators hunt and capture _____ for sustenance.
21. Fever is a common _____ of an underlying infection.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Small brown spots on the skin often caused by exposure to sunlight.
23. Dark spots on the sun's surface due to magnetic activity.
24. Small dark spots on the skin that may be raised and are usually harmless.
25. The act of searching or traveling a terrain for discovery or knowledge.
26. A specific task or goal that someone is given to accomplish.
27. Rules or directives made and maintained by an authority or government body.
28. Emitting light that is not caused by heat.
29. Perceived as unusual or unfamiliar; out of the ordinary.
30. The potential for an event or action to have adverse consequences.
31. The administrative body that oversees a country state or organization.

Answer

Multiple Choice: 1. Sunscreen 2. Obesity 3. Cholesterol 4. Environment 5. Empathy 6. Mediterranean 7. Anglerfish 8. Plastic 9. Prevention 10. Chemicals

Gap-Fill: 11. Skin cancer 12. Stroke 13. Resource 14. Government 15. Collaboration 16. Produce 17. Cost 18. Break down 19. Strange 20. Prey 21. Symptom

Matching sentence: 1. Freckles 2. Sunspots 3. Moles 4. Exploration 5. Mission 6. Regulation 7. Luminescent 8. Strange



9. Risk 10. Government

CATEGORY

1. Health - LEVEL1

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