

## **Stroke**

### **Did you know....**

**Drinking more than 2 standard drinks of alcohol a day (over the weekly maximum of 9 for women and 14 for men) increases your risk for stroke.**

- Stroke is one of the leading causes of death and disability in the developed world.
- Consuming more than 2 drinks per day doubles the risk of high blood pressure. (Source: *Wisconsin Heart and Vascular Clinics at [www.whvc.org/matters](http://www.whvc.org/matters) )*
- High blood pressure is one of the most common and important health problems facing Canadians. It is one of the main risk factors for heart disease, stroke and kidney failure. Heart disease and stroke account for 37% of all deaths. (Source: *National High Blood Pressure and Prevention Control Strategy Summary Report of the Expert Working Group, Health Canada January 2000*)
- Those who consume less than one drink per day (equal to 12 grams of alcohol) are about 20% less likely than non-drinkers to suffer an ischemic stroke caused by blockage of blood flow to the brain.
- Those who consume more than 5 drinks per day are at significantly greater risk for ischemic stroke and hemorrhagic stroke which is triggered by bleeding in the brain. (Source: *Alcohol consumption and risk of stroke: a meta-analysis. K. Reynolds, L. Lewis, J. Nolen et al., JAMA 2003, vol. 289, pp579-588*)
- To reduce your risk limit yourself to 1 - 2 drinks a day to a weekly maximum of 9 for women and 14 for men. (Source: <http://ww2.heartandstroke.ca> )

## Stroke

### Did you know....

#### **Binge drinking (more than 5 standard drinks of alcohol per occasion) significantly increases your risk for stroke.**

- Stroke is one of the leading causes of death and disability in the developed world
- Those who consume more than 5 drinks per day are at significantly greater risk for stroke  
(Source: *Alcohol consumption and risk of stroke: a meta-analysis.* K. Reynolds, L. Lewis, J. Nolen et al., *JAMA* 2003, vol. 289, pp579-588)
- Binge drinking can increase your blood pressure and contribute to the development of high blood pressure, heart disease and stroke. (Source: <http://www.heartandstroke.ca> )
- To reduce your risk limit yourself to 1 - 2 drinks a day to a weekly maximum of 9 for women and 14 for men. (Source: <http://ww2.heartandstroke.ca> )