

**McLaren Print System Order**

Order No: 7571  
 Order Date: 2014-12-11  
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Ship Location: McLaren Flint / Nursing Office: Sue OBrien  
 401 S. Ballenger Highway  
 Flint, MI 48532

Brochures  
 Quantity: 500  
 Paragon Dept No: 91245  
 Dept Name: 91245  
 Company Number: 60

Order Total Price: 90.00

Item Number: M-3833  
 Item Description: Lets Talk About Risk Factors for Stroke (Prevention)  
 Revision Date: 2012  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Misc Info:

The brochure cover features the following elements:

- Logos:** "McLaren Flint" logo, "McLaren" logo, and "American Heart Association" logo.
- Text:** "Let's talk about Risk Factors for Stroke". Below this, a paragraph states: "Knowing your risk factors is the first step in preventing stroke. You can change or treat some risk factors, but others you can't. By having regular medical checkups and lowering your risk, you can focus on what you can change and lower your risk of stroke."
- Image:** A photograph of a male doctor in a yellow shirt talking to a female patient in a red top.
- Section Header:** "What risk factors can I change or treat?"
- Bulleted List:**
  - High blood pressure:** This is the single most important risk factor for stroke because it's the No. 1 cause of stroke. Know your blood pressure and have it checked at least once every two years. If it's consistently 140/90 or above, it's high. Talk to your doctor about how to manage it.
  - Tobacco use:** Tobacco use damages blood vessels. Don't smoke and avoid second-hand smoke.
  - Diabetes mellitus:** Having diabetes increases your risk of stroke because it can cause disease of blood vessels in the brain. Work with your doctor to manage diabetes.
  - High blood cholesterol:** High blood cholesterol increases the risk of blocked arteries. If an artery leading to the brain becomes blocked, a stroke can result.
  - Physical inactivity and obesity:** Being inactive, obese, or both, can increase your risk of cardiovascular disease.
  - Carotid or other artery disease:** The carotid arteries in your neck supply most of the blood to your brain. A carotid artery damaged by a fatty buildup of plaque inside the artery wall may become blocked by a blood clot, causing a stroke.
  - Transient ischemic attacks (TIA):** Recognizing and treating TIAs can reduce the risk of a major stroke. TIAs produce stroke-like symptoms but have no lasting effects. Know the warning signs of a TIA and seek emergency medical treatment immediately.
  - Atrial fibrillation or other heart disease:** In atrial fibrillation the heart's upper chambers quiver rather than beating effectively. This causes the blood to pool and clot, increasing the risk of stroke. People with other types of heart disease have a higher risk of stroke, too.
  - Certain blood disorders:** A high red blood cell count makes clots more likely, raising the risk of stroke. Necktie and anemia increases stroke risk because the "thickened" cells stick to blood vessel walls and may block arteries.