

Stroke

Stroke is the second leading cause of death globally and in the UK.

Transient ischaemic attack ('mini-stroke') may be a herald of a full stroke.

Around **1 in 4** stroke survivors will experience another stroke within 5 years.



10 modifiable risk factors are associated with **9 out of 10** strokes worldwide.

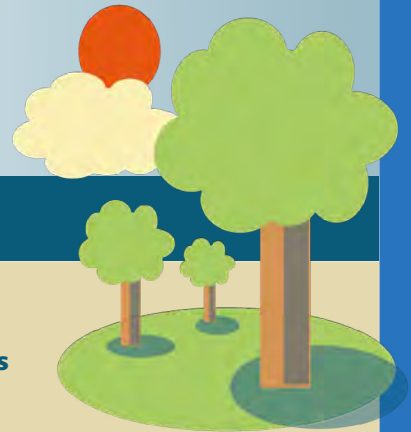
These include: hypertension, diabetes, obesity, abnormal blood lipids, cardiac causes, unhealthy diet, alcohol, smoking, lack of physical exercise, psychosocial factors.

Whole Food Plant-Based Diet can address the first **6** of these **10** risk factors



1 in 3 stroke survivors are at risk of developing vascular dementia within 5 years.

Stroke and vascular dementia are both the consequences of small vessel disease of the brain and share similar risk factors.



To reduce your risk of stroke and vascular dementia:

1. Do not drink alcohol



2. Do not smoke

3. Do regular exercise (at least 150 mins per week)



4. Foster healthy social bonds



5. Find ways to reduce stress e.g. mindfulness, walks in nature, yoga, gardening

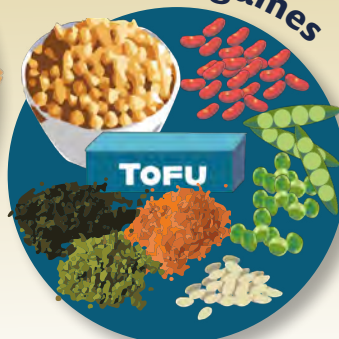
6. Eat a diet rich in whole foods:



Nuts and Seeds



Legumes



Fruit and Vegetables



References:
O'Donnell MJ et al. Global and regional effects of potentially modifiable risk factors associated with acute stroke in 32 countries (INTERSTROKE): a case-control study. *Lancet*. 2016;388(10046):761-775. Available from doi:10.1016/S0140-6736(16)30506-2

GBD 2021 Stroke Risk Factor Collaborators. Global, regional, and national burden of stroke and its risk factors, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet Neurol*. 2024 Oct;23(10):973-1003. Available from doi: 10.1016/S1474-4422(24)00369-7

Visseren FLJ et al. 2021 ESC Guidelines on cardiovascular disease prevention in clinical practice. *Eur Heart J*. 2021;42(34):3227-3337. Available from doi:10.1093/eurheartj/ehab484

Belardo D et al. Practical, Evidence-Based Approaches to Nutritional Modifications to Reduce Atherosclerotic Cardiovascular Disease: An American Society For Preventive Cardiology Clinical Practice Statement. *Am J Prev Cardiol*. 2022;10:100323. Published 2022 Mar 2. Available from doi:10.1016/j.ajpc.2022.100323

<https://plantbasedhealthprofessionals.com/plant-based-diets-and-risk-of-stroke>

Contact: info@pbhp.uk

Dr Alicja Baczynska,
Consultant Geriatrician and Lifestyle Medicine Physician

Review date: 12.2028

Created: 22.12.25

Version no: FS-Stroke-1.1