

Stroke

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PLANT-BASED
Health Professionals UK

Promoting Sustainable Health and Nutrition

Stroke is the second leading cause of death globally and the fourth biggest killer 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 excess 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:

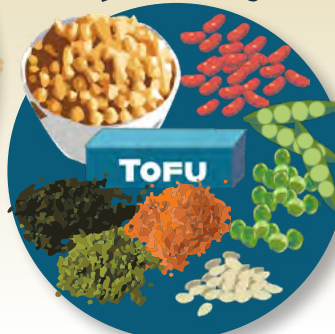
Wholegrains



Nuts and Seeds



Legumes



Fruit and Vegetables



Ref:

O'Donnel et al The Lancet 2016; 388;761-775

https://www.stroke.org.uk/sites/default/files/state_of_the_nation_2018.pdf

Estruch R. et al N Engl J Med 2018; 378:e34

Tong T. et al European Heart Journal 2020

<https://medium.com/@shirenkassam/plant-based-diets-and-risk-of-stroke-ac756fbfe79b>

* no more than 14 units/week for men and women