

# Community Health Coalition, Inc.

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Date: April 22, 2007

## Health Sunday Topic: Stroke Prevention

Dr. Cedric Bright, an Internist at the Veteran Administration Hospital, states,

Dr Bright wants you to know that over according to the National Stroke Association, over 700,000 strokes occur each year and that over 600,000 of these could have been prevented. If you can make the lifestyle changes noted above, you can be in the group of people who never have a stroke.



**For more information, read today's Health Sunday Flyer; and refer to the following websites:**

Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)

American Heart Association  
[www.americanheartorg](http://www.americanheartorg)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

**HEALTH SUNDAY  
IN THE BLACK COMMUNITY**  
is a program of Health Tips.  
It is provided by the  
**Community Health Coalition**  
in cooperation with the  
**Interdenominational  
Ministerial Alliance of Durham  
and Vicinity for church goers**  
each 4th Sunday.

**Today's Health Tip is:  
"Stroke Prevention"  
in the  
African American  
Community.**

**REMEMBER:  
A HEALTHY DURHAM  
INCLUDES YOU !!**

**Note:** Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

**Make changes in your health for life, TODAY!!**

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## **Stroke Prevention**

by Cedric Bright, MD

You can avoid having a stroke if you can modify your risk factors.

What risk factors can be controlled?

Here is a list:

- High Blood Pressure - your blood pressure should be 120/80 or as close to this as possible.
- Cigarette Smoking - there are benefits to stopping smoking no matter how long you have smoked.
- Diabetes - control your sugar and decrease your risk of stroke.
- Regular Exercise - like walking for 30 minutes 3-4 times a week will decrease your risk of stroke.
- High Cholesterol - this will affect the lining of the blood vessels which can lead to a stroke. If your doctor starts you on cholesterol medicine, it is just as important as your diabetic or hypertension medications.



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**Your Health Sunday Coordinator is:** \_\_\_\_\_

A Message from your Community Health Coalition in association with  
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc. and Durham Regional Hospital.