



[VIDEO TRANSCRIPT]

## High Blood Pressure & High Cholesterol and Stroke

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High blood pressure can weaken the blood vessels, and can form clots in the body and in the brain. Once it causes the clots or weakens a blood vessel and its structure, it can cause a stroke.

Blood pressure over 180/120 is called hypertensive crisis and it can cause stroke immediately. Blood pressure over 130/80 over the course of months or years – it can weaken the blood vessels or form clots in the body, which can cause stroke.

High cholesterol makes the blood thick and blood flow becomes difficult, and that's when people have stroke. Seventy-five percent of the strokes in men and women can be prevented by controlling the blood pressure and high cholesterol.

Anyone over 18 years of age with family history of high cholesterol or obesity, or if they have any other problems like diabetes and kidney issues, then they need to get their cholesterol checked.