

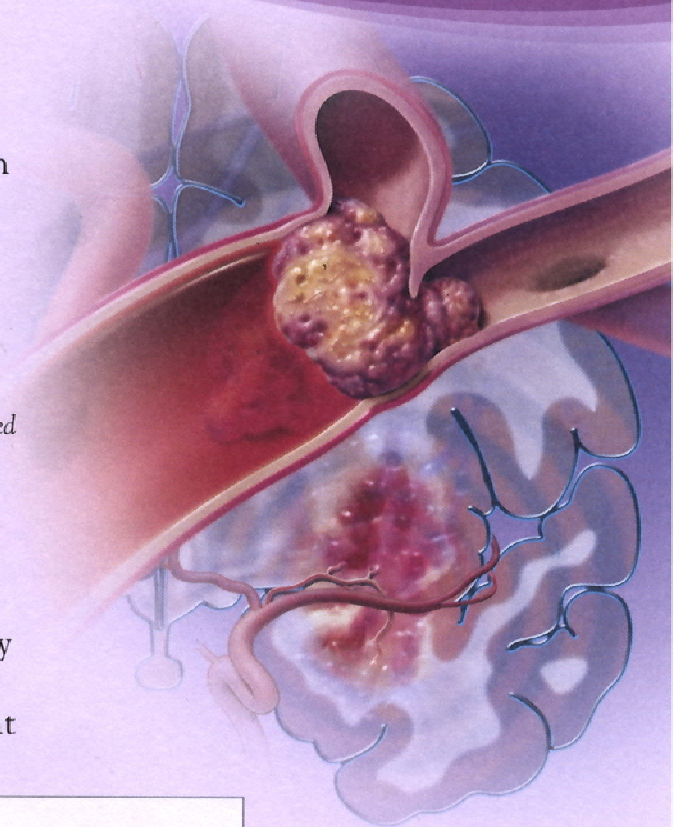


Stroke

Strikes fast as a lightning bolt

An ischemic stroke is a sudden loss of blood to the brain, usually the result of a partial or complete blockage of an artery. While high blood pressure and excess weight do increase this risk, proper medical treatment along with weight loss can reduce the risk.

Cerebral stroke
caused by a lodged
blood clot.



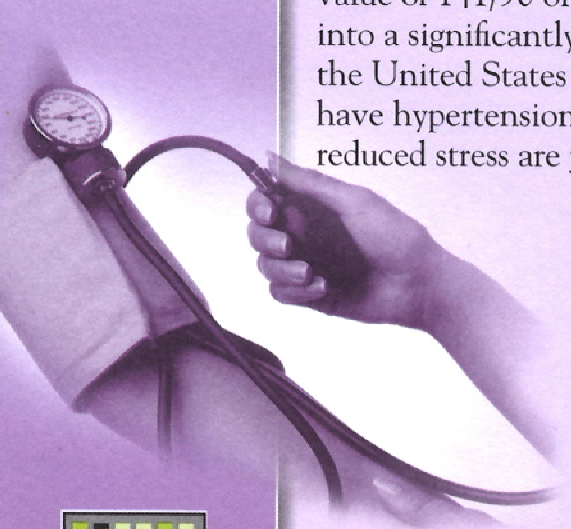
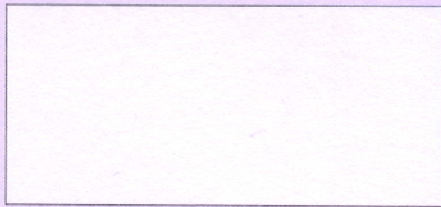
Fat Free Mass

Fat Free Mass refers to the portion of the body composed of muscle, bones, organs and fluids. Maintaining muscle mass is vitally important during weight loss.

Blood Pressure

The Silent Disease

An adult with a blood pressure value of 141/90 or higher falls into a significantly higher risk for heart disease and stroke. One third of all adults in the United States have high blood pressure and 30% of them don't even know they have hypertension. Weight loss, increased physical activity, proper nutrition and reduced stress are just a few things that can lower your blood pressure.



Your Blood
Pressure:

____ / ____
SYSTOLIC DIASTOLIC

Blood Pressure Readings

HIGH RISK - **REQUIRES TREATMENT**

NORMAL

141/90

OPTIMAL

119/79

110/60



Blood pressure measurement cuff.