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7 Steps To Prevent Strokes

Strokes are very scary thing. After you have had one you can be left paralyzed, dead, or a few other symptoms. But you can help prevent yourself from having one. Here are seven steps to help prevent you from having a stroke.

A man's last years ought to be spent strapped to the fighting chair of a game-fisher while battling a black marlin, not tethered to a nursing-home bed, incontinent and unable to talk.

But the latter is a likely scenario if you're one of approximately 600,000 Americans who will have a stroke this year.

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