
Main Line Health



Be Stroke Aware This Holiday Season

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(Malvern, Pa.)—High blood pressure, high cholesterol, diabetes, smoking and increased stress are just some of the risk factors of stroke. Doctors from Bryn Mawr Rehab Hospital remind individuals that this holiday season it is important to remain healthy by eating right and avoiding stress.

"The holidays are always a time when we see an increase in the incidence of stroke," explained Dr. Byrne Solberg, a Bryn Mawr Rehab Hospital physiatrist who specialized in stroke rehabilitation. "Many of the risk factors for stroke – such as high blood pressure, heart and blood vessel disease, high cholesterol, physical inactivity, obesity, diabetes, smoking and alcohol or drug abuse – are exacerbated during the holidays. At this time of year it is important that everyone use common sense as they attend holiday celebrations and family gatherings."

Dr. Solberg reviewed facts that everyone should keep in mind this holiday season to stay healthy and reduce the risk of stroke:

- Keep your blood pressure below 140/90 to reduce the risk of stroke an average of 42 percent.
- Keep cholesterol levels below 200 by eating healthy, non-fatty foods and reduce the risk of stroke by as much as 25 percent.
- If you have diabetes, keep your blood pressure below 130/85 to reduce the risk of stroke by as much as 44 percent.

"Keeping good health in mind and being sensible over the holidays can help reduce stress, lower blood pressure and may help reduce the risk of stroke," said Dr. Solberg.

Bryn Mawr Rehab Hospital, which is affiliated with Main Line Health, is a leader in the field of physical medicine and cognitive rehabilitation. The 148-bed hospital offers the full continuum of rehabilitation services, including acute inpatient care as well as day treatment and outpatient programs for both adults and adolescents. The wide range of illnesses and injuries treated at BMRH includes brain injury, stroke, spinal cord injury, multiple sclerosis, chronic pain, and other orthopedic and neurologic injuries and disorders. In addition, Bryn Mawr Rehab Outpatient Network provides rehabilitation services at many convenient locations in Philadelphia's western suburbs for patients of all ages.

Bryn Mawr Rehab Hospital provides stroke rehabilitation through its dedicated program to approximately 500 stroke survivors each year. For more information about stroke treatment and prevention, visit our Web site at www.brynmawrrehab.org or call 610-251-5400.

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