rossmax

YOUR TOTAL HEALTHSTYLE PROVIDER

OBESITY

HYPERTENSION

DIABETES

SMOKING

ATRIAL FIBRILLATION

STROKE

PREVENT STROKE
WITH 7 LIFE-SAVING STEPS

www.prevent-stroke.com

1. LOWER BLOOD PRESSURE

High blood pressure is a huge factor, doubling or even quadrupling your stroke risk if it is not controlled.

BLOOD PRESSURE MONITORS

Measure you blood pressure regulary with Rossmax Blood Pressure Monitors and keep an eye on your blood pressure levels.

2. TREAT AFib

Atrial fibrillation (AFib) is a form of irregular heartbeat that causes clots to form in the heart.

X5 BLOOD PRESSURE MONITOR

Detect AFib / PC with one single blood pressure measurement with the Rossmax "PARR" Blood Pressure Monitors.

3. TREAT DIABETES

High blood sugar damages blood vessels over time, making clots more likely to form inside them.

HS200 BLOOD GLUCOSE METER

Measure you blood glucose levels regulary with Rossmax Blood Glucose Meters.

4. LOSE WEIGHT

Obesity, as well as the complications linked to it (high blood pressure, diabetes), raises your odds of having a stroke.

WF SERIES BODY FAT SCALE

Monitor your weight, BMI (body mass index) and other relevant body assesments with the Rossmax Body Fat Monitors.

5. QUIT SMOKING

Smoking accelerates clot formation in a couple of different ways and it thickens your blood.

"ACT" PULSE OXIMETERS

Determine the prevailing stiffness of your artery and check for low oxygen levels which may caused by a blood clot in your lungs.

6. EXERCISE MORE

Exercise contributes to losing weight and lowering blood pressure, but it also stands on its own as a stroke reducer.

PA-S20 ACTIVITY MONITOR

Exercise at a moderate intensity and measure your activities with the Rossmax Activity Monitor.

7. LESS ALCOHOL

Drinking a little alcohol may decrease your risk of stroke. With two drinks per day, your risk goes up very sharply.

YOUR GOAL

Enjoy alcohol-free drinks or drink only moderate amounts of alcohol.

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