

# Stroke Recognition, Prevention and Rehabilitation Webinar

Join the Movement with Our Exercise Segment

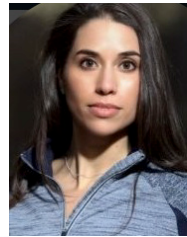
Thursday, October 29, 2020 | 2:00-3:00pm

**PRESENTED BY:**



**Alyssa Bautista, MD**

Assistant Professor of Neurology  
Neurohospitalist, NYP Allen Hospital  
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Stroke happens when the blood supply to part of your brain is cut off due to a blood clot, or because a brain artery ruptures and leads to a hemorrhage. Stroke is a leading cause of death and disability worldwide, but most strokes can be prevented by addressing a small number of key risk factors. One million strokes a year are linked to physical inactivity, but by getting the recommended amount of exercise each week, you will reduce your risk of having a stroke.

**TOPICS DISCUSSED:**

- How does exercise reduce stroke risk?
- How much exercise do I need?
- If I am unfit, isn't there a risk that exercise could cause a stroke?
- Should I exercise if I've already had a stroke?

**Meeting Information:**

Meeting URL:

<https://nyph.zoom.us/j/96225955431>

Meeting ID: 962 2595 5431

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