What to do instead of having another stroke.

About one in four stroke survivors suffers a second one — but it doesn’t have to be that way. Reduce your risk. Work with your doctor to create a secondary stroke prevention plan and stick with it.

PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke.

☐ Manage high blood pressure

☐ Control cholesterol

☐ Reduce blood sugar

☐ Be active

☐ Eat better

☐ Lose weight

☐ Stop smoking

☐ Discuss an aspirin regimen with my doctor

WHEN STROKE STRIKES, EVERY SECOND COUNTS.

A stroke is always a medical emergency. The longer it goes untreated, the greater the chance of lasting damage. Time lost is brain lost. Learn to recognize the signs of stroke using the letters F-A-S-T.

F = FACE DROOPING
A = ARM WEAKNESS
S = SPEECH DIFFICULTY
T = TIME TO CALL 911

StrokeAssociation.org