



## American Stroke Association.

A division of the American Heart Association.

# STROKE RESOURCE LIST FOR PATIENTS

Learn more at [stroke.org](https://stroke.org)  
1-888-4-STROKE (1-888-478-7653)

### Preventing a First Stroke

**Explaining Stroke:** A practical step-by-step booklet that explains how a stroke happens, different types of stroke and how to prevent a stroke. [View PDF.](#)

**Understanding Stroke Risk:** Learn about stroke risk factors that you can and cannot control. Brochure. [View PDF.](#)

**Let's Talk About Lifestyle Changes to Prevent Stroke:** A healthy lifestyle plays a big part in decreasing risk for disability and death. [View PDF.](#)

**Things You Should Know:** Your risk for stroke and how to be prepared. Brochure. [View PDF.](#)

**What Causes Stroke:** [View Video.](#)

**Stroke Risk Assessment:** Evaluate your personal risk for stroke with this easy-to-use tool. [View PDF.](#)

**What's at the Heart of My Cryptogenic Stroke:** A patient guide to understanding strokes of unknown cause. Brochure. [View PDF.](#)

**The Known and Unknown of Stroke:** Infographic. [View PDF.](#)

**Heat Stroke vs Stroke:** Infographic. [View PDF.](#)

**Treat Stroke F.A.S.T.** [View Video.](#)

**Improve Brain Function. Reduce Stroke Risk:** [View Video.](#)

**Brain Health and Healthy Aging:** Infographic. [View PDF.](#)

**Spot a Stroke F.A.S.T.:** A health lesson. [View PDF.](#)

### Preventing Another Stroke

**I AM DETERMINED to Prevent Another Stroke:** [View PDF.](#)  
[View Video.](#)

**What to Do Instead of Having Another Stroke:** Checklist for patients. [View PDF.](#)

**Taking Steps to Prevent Another Stroke:** Learn how you can reduce your stroke risk. [View PDF.](#)

**Stroke Risk Management**  
**High Blood Pressure Increases Risk of Stroke:** Infographic. [View PDF.](#)

**Women Face Higher Risk of Stroke:** Infographic. [View PDF.](#)

**Living with Atrial Fibrillation:** A guide to living healthy with AFib. Brochure. [View PDF.](#)

**AFib Can Happen to Anyone:** Infographic. [View PDF.](#)

**Let's Talk About Carotid Endarterectomy:** Fact Sheet. [View PDF.](#)

**Let's Talk About Anticoagulants and Antiplatelet Agents:** Fact Sheet. [View PDF.](#)

**Let's Talk About the Connection Between Diabetes and Stroke:** Fact Sheet. [View PDF.](#)

**Diabetes and Stroke Risk:** What You Need to Know. [View Video.](#)

**Medication Tracker:** [View PDF.](#)

**My Blood Pressure Log:** [View PDF.](#)

**Glucose Tracker:** [View PDF.](#)

## Post-Stroke

**Life After Stroke Guide:** Information for survivors and caregivers to navigate life after stroke. [View PDF.](#)

**HOPE: The Stroke Recovery Guide** will help you and your family navigate your recovery journey. [View PDF.](#)

**Making Rehabilitation Decisions:** A guide to help make the best decisions for you or your loved one's rehabilitation. [View PDF.](#)

**Making Stroke Rehabilitation Decisions:** [View Video.](#)

**Stroke Rehabilitation Planning List:** Making good decisions begins with asking good questions. [View PDF.](#)

**What to Expect from Stroke Rehabilitation:** [Checklist.](#) [View PDF.](#)

**Daily Home Care Guide:** [View PDF.](#)

**Financial Guide After Stroke:** [View PDF.](#)

**Caregiver's Guide to Stroke:** Practical tips and resources for new caregivers. [View PDF.](#)

**Post Stroke Exercise Videos:** Library of exercises you can perform at home. [Link to Page.](#)

**Simply Good:** A cookbook for stroke survivors and their families. [View PDF.](#) [View Videos.](#)

**Let's Talk About Stroke:** Series of downloadable patient information sheets. [Link to Page.](#)

**Spasticity Education Initiative:** Patient resources and tools. [Spasticity Checklist - View PDF.](#) [Spasticity Treatment Dialogue - View PDF.](#) [Spasticity Infographic - View PDF.](#)

**Stroke Support Group Leader Lesson Modules:** Fully developed topics for group meetings, including a presentation, discussion guide, video and handouts. [Link to Page.](#)

## Stroke and Kids

**Healthy Diet Habits for Kids:** [Infographic.](#) [View PDF.](#)

**Let's Talk About Children and Stroke:** [Fact Sheet.](#) [View PDF.](#)

**Pediatric Stroke:** [Infographic.](#) [View PDF.](#)

**Perinatal Stroke:** [Infographic.](#) [View PDF.](#)

**Kids Stroke Prevention Quiz:** [View PDF.](#)

**Kids Stroke Word Finder:** [View PDF.](#)

## Resources in Spanish

**Explicando el ataque cerebral (Explaining Stroke):** [Brochure.](#) [View PDF.](#)

**Qué hacer en lugar de tener otro ataque cerebral (What to Do Instead of Having Another Stroke):** [Infographic.](#) [View PDF.](#)

**La vida tras un ataque cerebral (Life After Stroke) Guide:** [View PDF.](#)

**ESTOY decidido a prevenir otro ataque o derrame cerebral (I AM DETERMINED to Prevent Another Stroke):** [View PDF.](#) [View Video.](#)

**Trate el ataque o derrame cerebral F.A.S.T. (Treat Stroke F.A.S.T.):** [View Video.](#)

**Mejora tu función cerebral. Ayuda a prevenir un ataque o derrame cerebral. (Improve Brain Function. Reduce Stroke Risk):** [View Video.](#)

**Simplement Bueno: Un libro de recetas para quienes han sobrevivido a un ataque o derrame cerebral y para sus familias. (Simply Good: A cookbook for stroke survivors and their families.)** [View PDF.](#) [View Videos.](#)

**F.A.S.T. es como juntos acabaremos con los ataques cerebrales (F.A.S.T.: Together We Can End Stroke):** [Infographic.](#) [View PDF.](#)

**Recursos en Español (Resources in Spanish):** [Link to Page.](#)