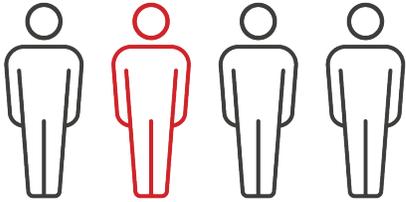




American
Stroke
Association.
*A division of the
American Heart Association.*

I AM Determined to Prevent Another Stroke



1 IN 4
CLOT-RELATED STROKE SURVIVORS
WILL HAVE ANOTHER STROKE.

A **previous** ischemic stroke puts you at a **higher risk** of having a second one.



of **strokes** may be prevented by:

- **Managing blood pressure, cholesterol and diabetes**
- **Making healthy lifestyle choices**
such as eating a healthy diet, being physically active, not smoking and limiting alcohol
- **Taking medications as recommended by your doctor**
after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy

Treatment to prevent future strokes can be tailored to individual situations.

Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

Preventing another stroke starts with YOU.
Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at
stroke.org/OnelsEnough

ONE IS ENOUGH

Tips to help prevent another stroke:

- ✓ Work with my doctor to identify the cause of my stroke or previously unknown risk factors.
- ✓ Keep my follow-up appointments.
- ✓ Take my recommended meds and talk to my doctor before making any changes.
- ✓ Manage my risk factors with small, healthy steps for big impact.
- ✓ Connect with a group for support, information and shared experiences.
- ✓ Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- ✓ Call **911** if I see or have any stroke warning signs or symptoms.