



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

GETTING TO THE **HEART OF STROKE™**

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:

- ☐ Know the cause of my stroke
- ☐ Manage high blood pressure
- ☐ Control cholesterol
- ☐ Reduce blood sugar
- ☐ Be active
- ☐ Eat better
- ☐ Lose weight
- ☐ Stop smoking
- ☐ Be involved in my treatment plan decisions
- ☐ Take medications as prescribed
- ☐ Join a program that includes exercise, education and counseling



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 B-E-F-A-S-T.

B.E. F.A.S.T.

Balance
Loss

Eye (Vision)
Changes

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

stroke.org