

08 WAYS TO HELP PREVENT A SECOND STROKE.

Up to 80 percent of second clot-related strokes may be preventable. But a lot depends on you. Get your pen out and create your prevention checklist:

- ❑ 01 Monitor your blood pressure.
- ❑ 02 Control your cholesterol.
- ❑ 03 Keep your blood sugar down.
- ❑ 04 Get active.
- ❑ 05 Eat better.
- ❑ 06 Lose weight if you need to.
- ❑ 07 Don't smoke, period.
- ❑ 08 Talk to your doctor about aspirin* or other medications.

Eight steps to help prevent a second stroke.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

