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.