American Heart Association | American Stroke Association
life is why

Together to End Stroke®

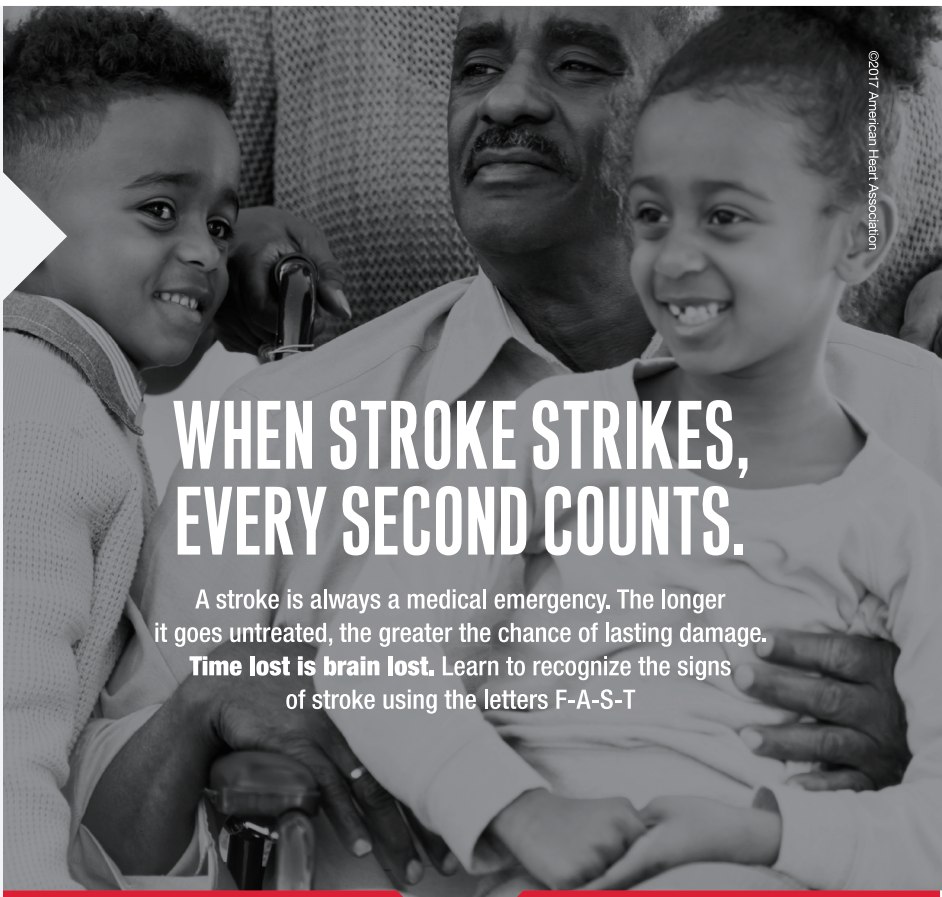
What to do instead of having another stroke.

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.

- ☐ Manage high blood pressure
- ☐ Control cholesterol
- ☐ Reduce blood sugar
- ☐ Be active
- ☐ Eat better
- ☐ Lose weight
- ☐ Stop smoking
- ☐ Discuss an aspirin regimen with my doctor



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 F-A-S-T

F FACE DROOPING / **A** ARM WEAKNESS / **S** SPEECH DIFFICULTY / **T** TIME TO CALL 911

StrokeAssociation.org

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