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.

Up to 80% 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/OneIsEnough

I AM Determined to Prevent Another Stroke

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