



**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 F-A-S-T.

# F.A.S.T.

Face  
Drooping

Arm  
Weakness

Speech  
Difficulty

Time to  
Call 911

[stroke.org](https://stroke.org)