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.A.S.T.

Face Drooping  Arm Weakness  Speech Difficulty  Time to Call 911

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