I WILL Prevent Another Heart Attack or Stroke

1 IN 4 HEART ATTACK AND CLOT-RELATED STROKE SURVIVORS WILL HAVE ANOTHER.

A previous heart attack or ischemic stroke puts you at a higher risk of having a second one.

Up to 80% of heart attacks and ischemic strokes may be prevented by:

- Managing blood pressure, cholesterol and diabetes
- Making healthy lifestyle choices
- Taking medications as recommended by your doctor

Taking aspirin — as recommended by a doctor — is one of the ways you may help prevent another.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

Preventing another heart attack or stroke starts with YOU. Don’t wait to talk to your doctor about a prevention plan that’s right for you.

ONE IS ENOUGH
Tips to help prevent another heart attack or stroke:

- Keep my follow-up appointments.
- Take my recommended meds and talk to my doctor before making any changes.
- Manage my risk factors with small, healthy steps for big impact.
- Connect with a group for support, information and shared experiences.
- Ask my doctor about cardiac or stroke rehab programs that are right for me.
- Call 911 if I see or have any stroke or heart attack warning signs or symptoms.

Learn more at heart.org/OneIsEnough

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

Preventing another heart attack or stroke starts with YOU. Don’t wait to talk to your doctor about a prevention plan that’s right for you.

Learn more at heart.org/OneIsEnough

The American Heart Association's secondary prevention initiative is nationally sponsored by Bayer Aspirin.