

# Reduce Your Risk of Stroke!

Did you know that an individual who has had a stroke is almost 15% more likely to have a second stroke within one year of the first incident? And within five years of a stroke, over 24% of women and 42% of men will have a second?

## Percentage of Recurrence After First Stroke

3% to 10%	30-Day
5% to 14%	1-Year
25% to 40%	5-Year

According to the National Stroke Association, every year over 750,000 Americans experience a stroke. Sadly, the public remains unaware of the dangers for a subsequent stroke.

Those who have had transient ischemic attacks (TIAs or mini-strokes, as they are often known) are also more at risk for subsequent strokes. TIAs are brief episodes of stroke-like symptoms that last from a few minutes to 24 hours. TIAs themselves usually don't cause permanent damage or disability; however they are a serious warning sign of an impending stroke.

## Be Proactive in your Response to Second Strokes!

According to the American Stroke Association, individuals can control the factors that reduce risk for subsequent strokes.

### Learn what it takes to stay stroke free!

National Stroke Association recommends these simple lifestyle changes to greatly reduce your chance of having a recurring stroke:

- Control your blood pressure
- Find out if you have atrial fibrillation (an irregular heartbeat which allows blood to pool in the heart and cause blood clots)
- Quit smoking
- Limit alcohol
- Monitor your cholesterol levels
- Manage your diabetes
- Exercise
- Eat foods low in sodium and fat
- Monitor circulation problems with the help of your doctor
- Follow doctor's orders

American Stroke Association indicates that following your doctor's and pharmacist's orders after a stroke is one of the most important steps you can take to control the conditions that could increase your risk of another stroke. National Stroke Association agrees: follow your doctor's suggestions about diet, exercise and weight loss and take any medicine as directed. Your doctor will decide what's best for you based on your general health and your medical history.

**Follow the above steps and follow your doctor's orders to reduce your risk of recurring stroke.**

- Resources:**
- American Stroke Association (a division of American Heart Association): [www.strokeassociation.org](http://www.strokeassociation.org)
  - National Stroke Association: [www.stroke.org](http://www.stroke.org)