

# Stroke Prevention and Action Plan

Talk to your primary care provider about decreasing your risk factors for stroke.

## Let's start by reviewing basic facts about stroke:

- 80% of Stroke and Transient Ischemic Strokes (TIAs) are preventable with a healthy lifestyle.
- Strokes can occur at any age, for any race or gender.
- Stroke is the second leading cause of death worldwide and the number one cause of disability.
- When you first notice sudden symptoms, get help immediately. **Call 9-1-1.**

## What is my plan for prevention?

- Check your risk factors.  Take the stroke risk assessment.
- Talk to your provider today and learn how to modify your lifestyle to prevent strokes/TIAs.



### My risk factors

- Previous history of stroke or TIA
- High blood pressure
- Diabetes
- Tobacco use
- High cholesterol
- Obesity
- Carotid stenosis
- Brain artery stenosis
- Sleep apnea
- Atrial fibrillation/atrial flutter

### My stroke risk assessment

- Do you have history of stroke or TIA?  
 Yes  No
- Do you have atrial fibrillation?  
 Yes  No
- My anticoagulant medication:  
\_\_\_\_\_

### High blood pressure screening

Today's blood pressure: \_\_\_\_\_  
*Normal <120/80 mmHg*  
*Elevated 120-129/<80 mmHg*  
*Stage 1 130-139/80-89 mm Hg*  
*Stage 2 ≥ 140/≥90 mmHg*

My BP medications:  
\_\_\_\_\_

### Diabetes screening

A1C: \_\_\_\_\_  
*Goal is to maintain A1C less than 7.*

My diabetic medications:  
\_\_\_\_\_

### Cholesterol screening

Cholesterol: \_\_\_\_\_  
*Goal is to maintain LDL less than 70 long term*

My cholesterol medications:  
\_\_\_\_\_

### Obesity screening

My BMI: \_\_\_\_\_  
Normal 18.5-24.9  
Overweight 25.0-29.9  
Obese 30.0 and above

### Tobacco screening

Do you use tobacco products?  
 Yes  No

### Sleep apnea screening

Do you snore loudly?  Yes  No  
BMI >35?  Yes  No  
Do you often feel tired, fatigued, or sleepy during the day?  Yes  No  
Has anyone observed your breathing stop while you sleep?  Yes  No  
Have you been diagnosed with sleep apnea?  Yes  No