

Stroke Prevention

People who have had a stroke are at a 43% higher risk of a second stroke. A big part of stroke recovery and prevention is managing stroke risk factors. We provided some important tips to help manage these risk factors.

- Medications:
 - Be familiar with your medications and the side effects. Don't take anything not prescribed by your doctor.
 - Organize your medications in a pillbox to keep track of what you take and when. Don't wait until the last minute to get your prescriptions refilled- stay on top of it!
- Physical Activity:
 - Daily exercise is very important.
 - Develop a home exercise schedule, set achievable goals, and track your progress.
 - Work out with a buddy until checked off independently.
- Healthy Diet:
 - Eat whole grain, high fiber breads and cereals.
 - Eat a variety of fruits and vegetables.
 - Drink 5 to 8 glasses of water a day.
 - Choose a diet low in saturated fat and moderate in total fat.
 - Reduce the amount of sugar and refined carbohydrates in your diet (drink fewer high sugar sodas and eat less white bread, junk food, and candy).
 - Choose and prepare foods with less salt, especially if you have any heart problems or a family history of heart disease.
- Alcohol:
 - We recommend that you do not drink alcohol for at least one year after your brain injury.
 - Reduce alcohol intake: Drinking more than one or two alcoholic drinks a day can increase your stroke risk by 50% and lead to other medical problems like heart and liver disease and possibly brain damage.
 - Drinking alcohol can also produce harmful effects on your body when taking certain medications. Remember to discuss this with your physician!
- Smoking:
 - Smoking doubles the risk for stroke when compared to a non-smoker. Smoking induced strokes and overall stroke risk can be greatly reduced by quitting smoking.
- Safety:
 - Keep environment safe to avoid accidents and injuries. Keep your house organized and free of clutter.
 - After an injury there are certain activities that are unsafe. You will want to get your Doctor's permission before going back to certain high-risk activities. It is important to remember that



not all of these recommendations are forever. The first year is especially important in remaining safe as your brain heals.

Additional Comments:

