

Patient Sticker

Personal Risk Factors for STROKE (check all that apply)

Risk factors I Can change or control	Risk factors I Cannot change or control
<ul style="list-style-type: none"> ○ High Blood Pressure: Know your blood pressure is the most <i>important</i> risk factor for a stroke 	<ul style="list-style-type: none"> ○ Increasing age: People of all ages have strokes, but the older you are, the greater your risk of stroke is
<ul style="list-style-type: none"> ○ Tobacco use: Doubles your risk ○ Diabetes: Complications increase your risk ○ Carotid or Artery Disease: Know that you are at a higher risk for stroke and heart attacks 	<ul style="list-style-type: none"> ○ Heredity (family history): Your stroke risk is greater if a parent or grandparent had a stroke
<ul style="list-style-type: none"> ○ Atrial fibrillation: Work with your doctor to control your A-Fib ○ Other heart or valve disease ○ Physical inactivity and obesity 	<ul style="list-style-type: none"> ○ Race : African Americans have a much higher risk of death from a stroke than Caucasians, due to higher rates of high blood pressure, diabetes and obesity
<ul style="list-style-type: none"> ○ A history of TIAs (mini strokes): Increases your risk ○ Excessive alcohol: Drink in moderation, alcohol can interact with other drugs you are taking 	<ul style="list-style-type: none"> ○ History of Stroke or Heart Attack: Someone who has had a stroke or heart attack has a greater risk of having another
<ul style="list-style-type: none"> ○ Blood disorders: Those that result in high red blood cell count may cause a clot and increase your risk ○ High cholesterol: Know your cholesterol number 	<p>Be prepared! Know your risks!</p>

To REDUCE my Risk of a Stroke Attack I Will:

<ul style="list-style-type: none"> ✓ Stop smoking! ✓ Avoid excessive alcohol consumption 	<ul style="list-style-type: none"> ✓ Keep my follow up appointment, have regular checkups to identify major risk factors
<ul style="list-style-type: none"> ✓ Control my weight as recommended by my MD ✓ Eat healthy foods (high fiber, low salt, low fat, low cholesterol) 	<ul style="list-style-type: none"> ✓ Keep my blood pressure under control with lifestyle changes and/or medication
<ul style="list-style-type: none"> ✓ Follow prescribed diet ✓ Exercise as recommended by my MD 	<ul style="list-style-type: none"> ✓ Keep my cholesterol under control with lifestyle changes and/or medication
<ul style="list-style-type: none"> ✓ Take my medication as prescribed by my MD 	<ul style="list-style-type: none"> ✓ Control my glucose levels with diet and medications

***** CALL 911 if you have any of the following STROKE symptoms!!!! *****

<ul style="list-style-type: none"> ✓ Sudden numbness or weakness of your face, arm or leg, especially on only one side of your body 	<ul style="list-style-type: none"> ✓ Sudden trouble walking, dizziness, loss of balance or coordination
<ul style="list-style-type: none"> ✓ Sudden confusion, trouble speaking or understanding 	<ul style="list-style-type: none"> ✓ Sudden trouble seeing in one or both eyes ✓ Sudden severe headache with no known cause

Preventive Treatment of Stroke:

- Antiplatelet agents such as aspirin, Clopidogrel (Plavix), or Dipyridamole (Aggrenox) and anticoagulants or blood thinners such as Warfarin (Coumadin) interfere with the blood's ability to clot and can play an important role in preventing heart attacks.
- Carotid Endarterectomy is a procedure in which harmful plaque in the carotid is surgically removed.

Patient/Caregiver Signature _____ Date _____