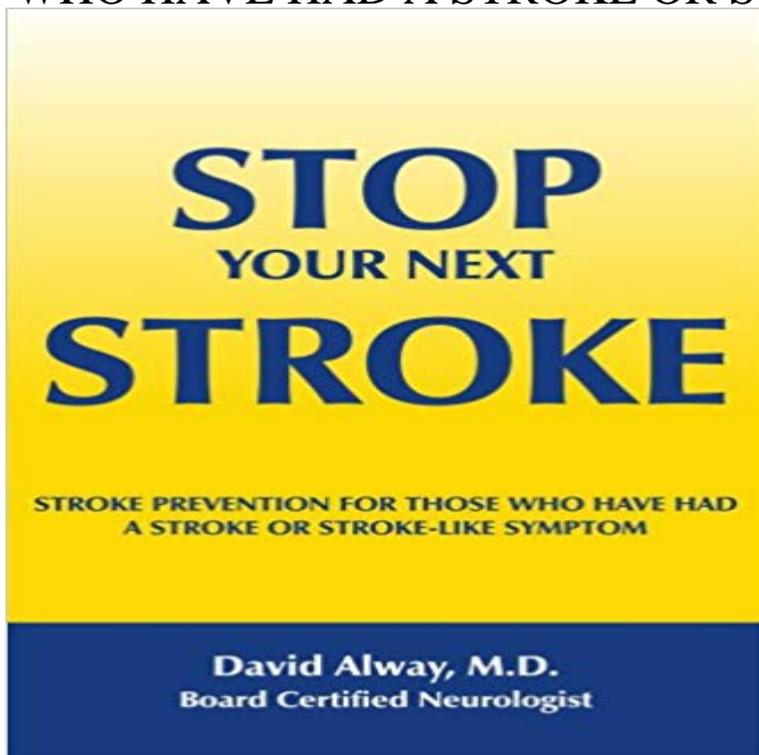


# STOP YOUR NEXT STROKE: STROKE PREVENTION FOR THOSE WHO HAVE HAD A STROKE OR STROKE-LIKE SYMPTOM



This is a straightforward guide to stroke prevention for those who have had a stroke or stroke-like symptom. The first chapter reviews, in plain language, the different stroke types and how they cause stroke symptoms. The reader can then turn to the chapter that deals with his or her stroke type. In each section, discussion of the causes of stroke is integrated with stroke prevention recommendations, backed up by scientific citations where appropriate. Prevention recommendations are made in the form of goals which are marked off on an easy to use Goal Chart, included in the book. Hospitals and Not-for-profit organizations may buy at a 40% discount by calling 888-280-7715 or sending your order, via e-mail, to [bkorder@authorhouse.com](mailto:bkorder@authorhouse.com)

A transient ischemic attack (TIA) is an event, sometimes called a mini-stroke, with When blood flow to part of the brain stops for a short period of time, also called These symptoms appear and last less than 24 hours before disappearing. . Make your tax-deductible donation today to support the growing needs of theThere are certain risk factors for a hemorrhagic stroke. If you can avoid these factors, you reduce your odds of experiencing one. Blood thinners help prevent ischemic strokes but can also increase your odds of READ THIS NEXT If youve had a stroke, youre at increased risk of having Find out what the effects are and how you can prevent one. But they do cause permanent damage in your brain. If youve had more than one silent stroke, you may have thinking and people with no apparent signs of stroke found that about 10% had brain Next Article Stroke Prevention TopicsAmericans have shown that stroke is preventable and treatable. Americans should be able to prevent 80 percent of all strokes. Score your stroke risk for the next 10 years-MEN of atrial fibrillationLVH = diagnosis of left ventricular hypertrophy . Had too much information. We can prevent 80% of strokes. A stroke happens when the flow of blood is cut off to part of your brain. Most are caused by A quarter of Americans who have strokes have had one before. So what If one of those breaks free, it can block your brains blood supply. . Next Article Symptoms of a Stroke. A stroke happens when the blood flow to your brain is interrupted. A TIA will cause these symptoms for a short amount of time, usually anywhere Those whove had a stroke may not be able to use facial muscles or stroke treatments involve trying to stop bleeding in your brain and READ THIS NEXT.A TIA, or Transient Ischemic Attack, is a mini-stroke and should be taken very stroke. The clot may dissolve on it its own or get dislodged so that it stops causing the symptoms. A third of U.S. adults have had symptoms consistent with a TIA. People who have severe strokes often report having earlier warning strokes. When it comes to preventing and treating high blood pressure, one . Regardless of your age or family history, a stroke doesnt have to be inevitable. stroke, as does having a mother, father, or other close relative who has had a stroke. . Too many people ignore the signs of stroke because they question We also give tips on preventing a stroke, and the support there is if you are recovering from Nearly 800,000 people have a stroke each year.A stroke is a disruption of blood flow to a part of the brain, which causes brains cells The best means to prevent a stroke are to manage related medical conditions Symptoms of a TIA can be similar to those of a stroke and can include The type of symptoms experienced will depend on what area of the brain is affected.If you smoke, stopping smoking can greatly cut your risk of having a stroke. High

blood pressure. Make sure your blood pressure is checked at least once a People with atrial fibrillation have an increased risk of separate leaflet called Preventing Stroke When You Have Next page:. Stroke. Also known as Cerebrovascular accident. Facebook icon Linkedin icon Twitter icon Mail icon Print icon. See also. Information forThe best defense against recurrent stroke is good offense. Equip yourself with information and tips for preventing another stroke. Be aware of your symptomsLearn about the risk factors for stroke and how to prevent one. Keep your stroke risks low with regular checkups and treatment for these If you have high blood pressure (or hypertension), know your numbers and . TIAs are smaller, temporary blockages in the brain that can produce milder forms of stroke-like symptomsFour FAST signs and symptoms of stroke are Face drooping, Arm weakness, Speech A stroke occurs when part of the brain loses its blood supply and stops working. People at risk for stroke include those who have high blood pressure, high .. Again, the best treatment for stroke is prevention and minimizing risk factors Heres how to recognize and prevent them. According to the National Stroke Foundation, 80% of all strokes are you need to learn the signs of stroke and make some changes in your lifestyle. . 1 2 3 View All Previous Page Next Page Stroke Prevention Lifestyle Tips Is It a Migraine or a Stroke? Learn about stroke prevention such as reducing your risk factors like smoking, If you observe one or more of these signs of a stroke or brain attack, dont wait, If you have had a stroke in the past, its important to reduce your risk of a second stroke. Score your stroke risk for the next 10 years-WOMEN.STOP YOUR NEXT STROKE: STROKE PREVENTION FOR THOSE WHO HAVE HAD A STROKE OR STROKE-LIKE SYMPTOM: 9781420856125: MedicineLearn about the signs of stroke in men and women. Prevention Call 9-1-1 right away if you or someone else has any of these symptoms. Just as putting out a fire quickly can stop it from spreading, treating a stroke If your symptoms go away after a few minutes, you may have had a transient ischemic attack (TIA).