

A Survivor's Journey After a *Stroke**

PREVENTING ANOTHER STROKE

If you or someone you know has had a stroke, the risk of experiencing another one is higher. This can feel overwhelming – but there are steps you can take to prevent a recurrent stroke. This roadmap outlines the key information to help you adjust to life after a stroke and prevent another one.

SYMPTOMS AND WARNING SIGNS

1

Another stroke can happen, and the warning signs may be similar or different from your first. Recognising them early can save lives – remember the acronym: B.E. F.A.S.T.



B
BALANCE
LOSS



E
EYES



F
FACE
DROOPING



A
ARM
WEAKNESS



S
SPEECH
DIFFICULTY



T
TIME TO CALL
EMERGENCY
SERVICES

Call your local emergency number immediately and note the time when symptoms began.

DIAGNOSIS

2

Recurrent strokes are diagnosed the same way as the first event. Some of these tests may already be familiar to you:

♥ **INITIAL ASSESSMENT:** medical history, physical and neurological examination

♥ **BLOOD PRESSURE CHECK**

♥ **BLOOD TESTS**

♥ **ELECTROCARDIOGRAM**

♥ **MAGNETIC RESONANCE IMAGING (MRI) OR A COMPUTERISED TOMOGRAPHY (CT) SCAN**

Depending on the results, your doctor may request additional tests.

EDUCATION

3

Understanding your stroke and the factors that put you at risk of having another can help you take an active role in preventing another event. Get started by learning about:



**TYPES OF
STROKE**



**CAUSES AND
RISK FACTORS**



WARNING SIGNS



**HOW STROKE CAN
AFFECT YOU OVER TIME**

TREATMENT

4

Your treatment plan depends on the cause of your stroke and your individual risk factors. Your care team will tailor it to your needs and may recommend one or more of the following:



MEDICATION



**LIFESTYLE
ADJUSTMENTS**



**MANAGEMENT
OF RISK FACTORS**



SURGICAL PROCEDURES



REHABILITATION



ONGOING MONITORING

LIFE AFTER A STROKE

5

Having had a stroke increases your risk of another one – but there are ways to help reduce that risk and support your recovery and long-term well-being:



**FOLLOW YOUR
TREATMENT PLAN**



**DO NOT SMOKE
OR VAPE**



**EAT A BALANCED,
HEALTHY DIET**



**MAINTAIN A
HEALTHY WEIGHT**



**MANAGE YOUR BLOOD PRESSURE,
CHOLESTEROL AND BLOOD SUGAR**



**GET REGULAR
PHYSICAL ACTIVITY**



**MAKE ADDITIONAL
LIFESTYLE CHANGES**

*This infographic focuses on ischemic stroke.



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