WHAT WILL HELP MAKE YOU HEALTHIER?

1. Take your medication as prescribed

2. Stop smoking. Call the Tobacco Education Coordinator at 718-270-7673 to get free help and support.

3. Eat a healthier diet and exercise regularly. Choose foods low in fat and choose at least 5 servings of fruits or vegetables every day.

WHAT TO DO AFTER YOU LEAVE THE HOSPITAL?

NEED FOR FOLLOW-UP MEDICAL CARE AFTER DISCHARGE

1. Continue taking your medications as prescribed by your doctor after leaving the hospital to lower your risk of having another stroke.

2. Carry a list of all of your medications on all doctors appointments.

3. It is important that you receive regular follow-up visits with your doctors after you leave the hospital.

4. Physical Activity and Diet:
Moderate exercise like walking for at least 30 minutes daily on most days of the week. Enjoy at least 5 servings of fruit and/or vegetables every day.

MY MEDICATIONS ARE:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
7. ____________________________
8. ____________________________
9. ____________________________
10. ____________________________

Please See Medication Reconciliation List

REFERENCES
American Stroke Association
www.strokeassociation.org/STROKEORG/

The Stroke Collaborative “Give Me 5 For Stroke”
www.emergencycareforyou.org/Health-Tips/Infectious-Diseases/Stroke-Give-Me-5-For-Stroke/

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“TIME LOST IS BRAIN LOST”

STROKE “A Brain Attack”
**FACTS**

Stroke is a Brain Attack

African Americans Have an Increased Risk of Death from Stroke

**WHAT IS A STROKE?**

**WHAT ARE THE WARNING SIGNS AND SYMPTOMS OF STROKE?**

- Sudden trouble walking, dizziness or loss of balance
- Sudden confusion, difficulty speaking or understanding speech
- Weakness, numbness or tingling on one side of the face or body
- Dim or blurry vision in one or both eyes
- Sudden, severe headache with no known cause

**IF YOU HAVE ANY OF THESE SYMPTOMS, EVEN IF IT GOES AWAY, DO NOT WAIT. CALL 911 IMMEDIATELY.**

Check the following if you think someone may be having a stroke:

**WALK**
(Is their balance off?)

**TALK**
(Is their speech slurred or face droopy?)

**REACH**
(Is one side weak or numb?)

**SEE**
(Is their vision all or partly lost?)

**FEEL**
(Is their headache severe?)

**DO NOT IGNORE ANY of THESE SIGNS**

**CALL 911 IMMEDIATELY!**

- If you have one or more stroke symptoms that lasts for more than a few minutes, don’t delay.

- If you’re with someone who may be having stroke symptoms, CHECK THE Time and Call 911 right away!!

**TREATMENT IS AVAILABLE**

**HOW CAN YOU DECREASE YOUR RISK FACTORS:**

1. Risk factors you CAN change
   - **High Blood Pressure** is the #1 cause of stroke. Treatment and control of your blood pressure is the key to prevent deaths from strokes.
   - **If you have diabetes, heart diseases, sickle cell disease, high cholesterol, previous T.I.A. (mini strokes),** good medical treatment and control is the key to preventing strokes.
   - **If you smoke STOP!**
   - **If you are overweight or obese,** explore ways to help you lose weight
   - **If you have a poor diet,** eat a healthier diet or see a nutritionist.
   - **If you are physically inactive,** increase your physical activity such as walking more (with your doctor’s approval).

**KNOW YOUR PERSONAL RISK FACTORS**

Risk factors are traits and/or lifestyle habits that increase a person’s chances of having a disease.

**PERSONAL RISK FACTORS**

You’re at higher risk as your age increases and if you are African American