

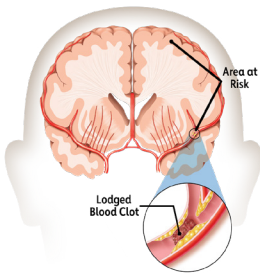


**American
Stroke
Association.**
*A division of the
American Heart Association.*

Preventing Another Stroke Discussion Guide

A stroke occurs when the flow of blood to the brain is either blocked or bursts. As a result, part of the brain does not get the blood it needs, so it starts to die. 1 in 4 stroke survivors will have another stroke.

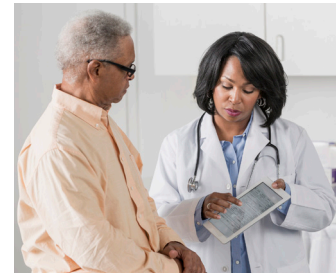
It's important for you and/or your caregiver to have an open dialogue with your health care team to:



**Understand the
cause of your stroke.**



**Recognize the
impact of stroke.**



**Develop a plan
to prevent
another stroke.**

You can use these questions to help have a productive conversation:

1. What is stroke and how common is it?
2. What are the different types of strokes?
3. What are the risk factors associated with stroke? Which risk factors can I change or treat?
4. What can I do to prevent having another stroke?
5. Is exercising after a stroke recommended? What kind of physical activity can I do safely?
6. Is there a formal program to help me live a healthier lifestyle?
7. What's important for me to convey to my doctor to develop the best treatment plan for me? (this plan should address your wishes, goals, concerns and circumstances)
8. What are the signs someone is having a stroke?