



# TIPS

## for Ischemic Stroke Prevention

Stroke, sometimes called a “brain attack,” occurs when blood circulation to the brain is interrupted. It is among the five most common causes of death in the United States and a leading cause of serious, long-term disability in adults. Ischemic stroke accounts for 80% of all strokes and is caused by a blood clot that blocks a blood vessel in the brain. By learning as much as you can about stroke and putting this knowledge into practice, you can help prevent potential disability.

**Identify your risk factors.** It is increasingly important to know your risk factors for stroke. Some of the most important risk factors can be determined during a physical examination at your doctor’s office.

**Get a handle on your numbers.** Controlling high blood pressure is a crucial aspect of stroke prevention. If you already have had a stroke, lowering your blood pressure may prevent recurring strokes.

**Lower your cholesterol.** If you have high cholesterol, work with your doctor to lower it. A high level of cholesterol is a major risk factor for heart disease, which in turn raises your risk of stroke.

**Adopt a healthier lifestyle.** You can help prevent stroke by opting for healthy lifestyle choices every day. These choices can include maintaining a healthy weight, eating a diet rich in fruits

and vegetables, not smoking, limiting alcohol consumption, and exercising regularly.

**Spot the symptoms.** Although signs and symptoms may vary from person to person, the acronym FAST can be essential to identifying stroke and improving survival. F is for face drooping, A is for arm weakness, S is for speech difficulty, and T is for time to call 911.

**Time is brain.** Every second counts when you are having a stroke. The longer that blood flow is cut off to the brain, the greater the damage. Taking immediate action can save your life and enhance your chances for recovery.

**Do not delay.** Stroke is a medical emergency. Dialing 911 can result in faster treatment than driving to an emergency room. Getting to the hospital within 60 minutes after stroke symptoms are recognized is vital.

*This page is part of an ongoing series of practical tips for patients with neurologic disorders. If you have compiled clinically relevant tips that you wish to share, please contact the editor at [info@neurologyreviews.com](mailto:info@neurologyreviews.com).*

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