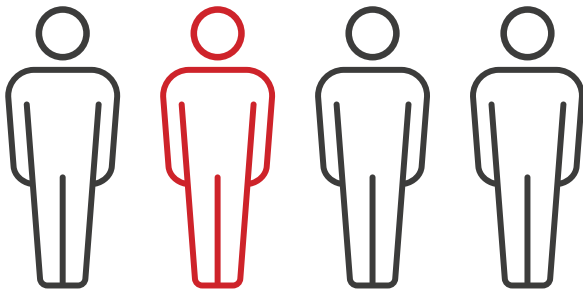




American
Stroke
Association.
A division of the
American Heart Association.

I WILL Prevent Another Stroke or Heart Attack



1 IN 4
**CLOT-RELATED STROKE
AND HEART ATTACK SURVIVORS
WILL HAVE ANOTHER.**

A **previous** ischemic stroke or heart attack puts you at a **higher risk** of having a second one.



of ischemic strokes and heart attacks may be prevented by:

- Managing blood pressure, cholesterol and diabetes
- Making healthy lifestyle choices
- Taking medications as recommended by your doctor

Taking aspirin — as recommended by a doctor — is one of the ways you may help prevent another.



Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

Preventing another stroke or heart attack starts with **YOU**. Don't wait to talk to your doctor about a prevention plan that's right for you.

ONE IS ENOUGH

Tips to help prevent another stroke or heart attack:

- ✓ Keep my follow-up appointments.
- ✓ Take my recommended meds and talk to my doctor before making any changes.
- ✓ Manage my risk factors with small, healthy steps for big impact.
- ✓ Connect with a group for support, information and shared experiences.
- ✓ Ask my doctor about stroke or cardiac rehab programs that are right for me.
- ✓ Call **911** if I see or have any stroke or heart attack warning signs or symptoms.

The American Heart Association's secondary prevention initiative is nationally sponsored by



Learn more at
stroke.org/OnesEnough

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