

Care After a Stroke — At a Glance

For an Emergency, Call 911

<h3>Risk Factors</h3> 	<h3>Medicines</h3> 	<h3>Self-care</h3> 	<h3>Support for You and Your Care Circle</h3> 	<h3>When to Call Your Doctor</h3> 																		
<ul style="list-style-type: none"> ■ Lower your risk by controlling risk factors for another stroke: <ul style="list-style-type: none"> — high blood pressure — atrial fibrillation — heart disease — high cholesterol — diabetes — tobacco — extra weight — physical inactivity. ■ Talk with your health care provider about ways you can control your risk factors. ■ Follow all your health care providers' treatment plans to control your risks.  <p>allinahealth.org</p>	<ul style="list-style-type: none"> ■ Take all of your medicines as directed each day. ■ Talk with your health care provider or pharmacist if you miss a dose. ■ If you are taking an anticoagulant (blood thinner), follow precautions to protect yourself from cuts and bruises. ■ Talk with your health care provider before you start, stop or change the doses of herbal products and other medicines you take. ■ Talk with your health care provider or pharmacist if you have any questions or concerns. 	<ul style="list-style-type: none"> ■ Eat healthful foods low in fat and cholesterol. ■ Maintain a healthy weight. ■ Choose water more often than coffee, tea, juice, pop or other beverages. ■ Get at least 30 minutes of aerobic exercise 3 to 5 days a week. Aerobic exercise includes biking, swimming, dancing and walking. ■ Keep all follow-up appointments, even if you feel well. ■ Talk with members of your care circle (family, friends or others close to you) about how you feel. 	<ul style="list-style-type: none"> ■ Attend a stroke support group. See a list of support groups in the “Understanding Stroke” page 106. ■ Learn about what type of stroke you had. ■ Try to stay positive. ■ Get enough sleep and eat healthful meals. ■ Keep to your regular routines and traditions as much as possible. ■ Stay busy with activities other than physical or occupational therapy. Ideas include: <ul style="list-style-type: none"> — regular exercise — visiting with friends — doing puzzles and games — volunteering. 	<p>Call your doctor if you:</p> <ul style="list-style-type: none"> ■ have severe or unusual reactions to your medicine(s). ■ have new symptoms or symptoms that get worse. <p>When to Call 911</p> <table border="1" data-bbox="1633 883 1990 1349"> <tbody> <tr> <td></td> <td>B</td> <td>Balance – Sudden difficulty with balance</td> </tr> <tr> <td></td> <td>E</td> <td>Eyes – Sudden problems with vision in one or both eyes</td> </tr> <tr> <td></td> <td>F</td> <td>Face – Face or smile droops on one side</td> </tr> <tr> <td></td> <td>A</td> <td>Arms – Sudden weakness in arm or leg</td> </tr> <tr> <td></td> <td>S</td> <td>Speech – Unable to repeat a simple sentence, or slurred words</td> </tr> <tr> <td></td> <td>T</td> <td>Time – If you observe any of these symptoms, call 9-1-1 immediately</td> </tr> </tbody> </table> <p><small>Fast action can save brain function when having a stroke. There are a number of effective treatments for stroke, but they are most effective only in the first few hours after stroke symptoms start. Visit allinahealth.org/stroke to learn more.</small></p>  <p>© 2018 ALLINA HEALTH SYSTEM THE ALLINA HEALTH LOGO IS A TRADEMARK OF ALLINA HEALTH SYSTEM THIS DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. neuro-ah-48384 (4/18)</p>		B	Balance – Sudden difficulty with balance		E	Eyes – Sudden problems with vision in one or both eyes		F	Face – Face or smile droops on one side		A	Arms – Sudden weakness in arm or leg		S	Speech – Unable to repeat a simple sentence, or slurred words		T	Time – If you observe any of these symptoms, call 9-1-1 immediately
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