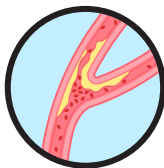


Stroke Risk Factors and Prevention

Brain cells don't regenerate. This is why having a stroke is a medical emergency. Talk with your clinician about your risk for stroke. Take medications as prescribed. Talk with your clinician before stopping any medications or treatment.

What are the types of stroke?

- **Ischemic stroke:** A blockage of blood flow, typically caused by a clot, to an area of the brain.
- **Intracerebral hemorrhage:** Happens when a blood vessel bursts and bleeds in or around the brain.
- **TIA (transient ischemic attack):** A temporary blockage of blood flow to an area of the brain.



What are the risk factors for stroke?

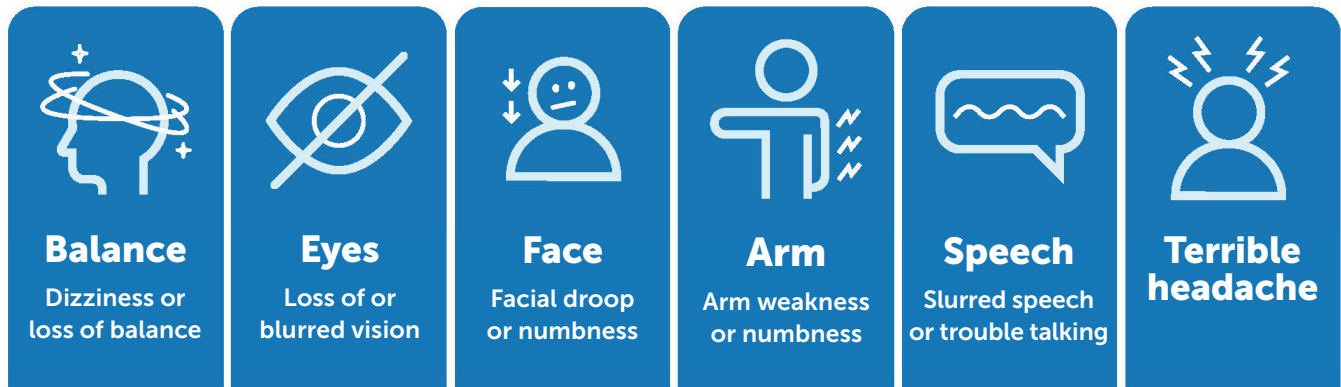
✗ Risk factors you can't change	
	Getting older
	Your sex assigned at birth
	Pregnancy and other factors that affect hormones in people assigned female at birth
	Race
	Heredity
	Personal history of a stroke or TIA

✓ Risk factors you can change	
	High blood pressure
	High cholesterol
	Unmanaged diabetes
	Smoking, tobacco and nicotine
	Atrial fibrillation (AFib)
	Using alcohol and recreational or illegal drugs
	Poor diet and nutrition
	Infrequent physical activity
	Inadequate sleep
	Unmanaged stress

continued

B.E. F.A.S.T.

Know these symptoms of stroke. **Call 911 if you have any of them.**



Resources

Recovery from stroke looks different for everyone. Here are resources to help you on your journey:

- **Stroke INSPIRE.** This is a free support program offered by HealthPartners, designed for stroke survivors and their caregivers. It offers a variety of opportunities, both in-person and virtually, for stroke survivors to engage with others, including support groups, stroke education, wellness offerings and volunteer programs. The program empowers stroke survivors to share experiences, build community, and regain independence after stroke. For more information, call **952-993-6789** or email strokeinspire@healthpartners.com.

Visit eventbrite.com/cc/stroke-inspire-2905709 or scan this QR code to view in-person and virtual programs and join a group.



- **MN Brain Injury Alliance**
braininjurymn.org/resource-facilitation/index.php



Remember to follow up

1. Talk with your clinician about your risk for stroke.
2. Take medications as prescribed.
3. Talk with your clinician before stopping any medications or treatment.

- **Minnesota Stroke Association Resource Guide**

strokemn.org/healthpartners/



- **Neurowell.** Information to help improve overall wellness and quality of life after brain or body changes.
healthpartners.com/care/specialty/neuroscience/stroke/support/



- **Quit smoking and nicotine**
800-QUIT-NOW (800-784-8669)
Minnesota: QuitPartnerMN.com
Wisconsin: quitline.wisc.edu



We're here to support you throughout your journey!



Education Resources