



Marsh Medical Practice
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Stroke Prevention

POSITIVE ACTION FOR REDUCING RISK

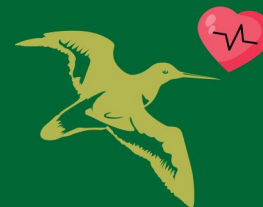
Patient Education Series

Working with you

Stroke Prevention

INTRODUCTION

Looking after your health after a stroke



A Patient's Guide

If you have already had a stroke or TIA, your risk of another stroke is higher – but there is a lot you can do to reduce that risk.

This leaflet set will help you understand how to protect your health by focusing on:

- ▶ Blood pressure
- ▶ Cholesterol
- ▶ Weight
- ▶ Heart rhythm (atrial fibrillation)
- ▶ Other long-term conditions

Know your numbers

Ask your GP or nurse about:

- ▶ Blood pressure
- ▶ Cholesterol (LDL)
- ▶ Blood sugar (HbA1c)
- ▶ Kidney function
- ▶ Weight / BMI



Your Key Message

Small changes, taken consistently, can greatly reduce your risk of another stroke.



HOW TO SPOT A STROKE

F FACE DROOPING
A ARM WEAKNESS
S SPEECH DIFFICULTIES
T TIME TO CALL

URGENT RED FLAGS – ACT FAST!

Call 999 or go to A&E immediately if you have:

Face, Arm, Speech, Time to call 999 (FAST)

Sudden severe headache or chest pain

Call 111 if you are unsure or symptoms are getting worse

Book a GP appointment if:

You are worried about your results

Your condition is not well controlled

POSITIVE ACTIONS THAT HELP

- Take your medication every day
- Keep active (as advised)
- Eat a balanced diet
- Stop smoking
- Attend all reviews



Last reviewed: April 2026. This information is general and not a substitute for medical advice.



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