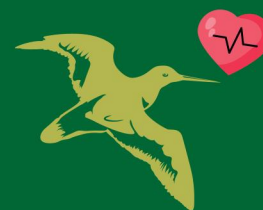


# Stroke Prevention

## PART FIVE

### Long-Term Conditions (Whole Health)



A Patient's Guide

Managing other conditions reduces stroke risk.

Many conditions increase your risk of another stroke. Managing them well is essential.

#### Diabetes

- ▶ High blood sugar damages blood vessels
- ▶ Good control reduces stroke risk

#### Kidney Disease (CKD)

- ▶ Linked to blood pressure and heart disease
- ▶ Requires regular monitoring

#### Liver Disease

- ▶ Often linked to weight and diabetes
- ▶ Early changes can improve with lifestyle

#### COPD (Lung Disease)

- ▶ Affects oxygen levels and heart strain
- ▶ Stopping smoking is vital



#### Key Message

Looking after all your conditions together gives you the best protection against another stroke.



#### RED FLAGS

Call 999 if:

You experience severe breathlessness

You experience chest pain

Call 111 if:

You have worsening symptoms

Contact GP if:

You have poor control of any condition

You experience new or concerning symptoms

## POSITIVE ACTIONS THAT HELP

- Attend regular reviews
- Take medication
- Stay active
- Have recommended vaccinations



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Working with you 7