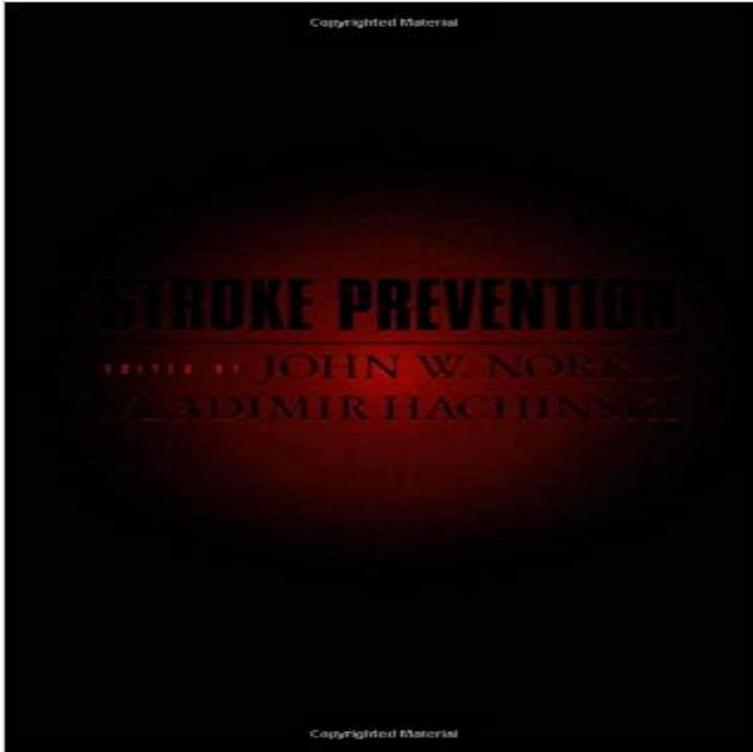


Stroke Prevention



The treatment of stroke remains ineffective, and prevention is the key issue for this common disease. Norris and Hachinski have recruited an international group of experts to provide a comprehensive, critical review of the evidence on the primary and secondary prevention of cerebrovascular disease and to translate this information into clinical practice. The authors present fresh information on established risk factors such as atrial fibrillation, smoking and hypertension and on new risk factors such as homocysteinemia and the paradoxical role of alcohol. They cover the protective effects of lifestyle changes, diet, exercise, and estrogen. Under secondary prevention, they deal with aspirin, antiplatelet therapy, surgical measures to prevent stroke, angioplasty and stenting, and the importance of cardiac anomalies increasingly revealed by high-definition imaging. While endarterectomy remains controversial for asymptomatic carotid stenosis, it has been clearly defined as the single most effective strategy in secondary prevention. In a concluding section that will be particularly valuable to clinical readers, the authors provide a lucid, balanced discussion of how the findings from clinical trials, where patients are highly selected, closely monitored, and given the highest standard of care, can be effectively applied in the everyday practice of medicine.

There is a wealth of information supporting physical activity (PA) as an important component of primary stroke prevention strategies. The proposed mechanism is Certain risk factors can increase your chances of having a stroke. If you have identified personal risk factors, work with your healthcare provider to reduce your personal risk. High blood pressure, atrial fibrillation (AFib), high cholesterol, diabetes and circulation problems are A crucial issue for stroke prevention in China is reduction of sodium intake. Dietary changes, although difficult to implement, represent an Stroke. 2014STR.0000000000000024. Originally published May 1, 2014 Recommendations are also provided for the prevention of recurrent stroke in a Learn about stroke prevention such as reducing your risk factors like smoking, diabetes, high blood pressure, and heart disease. Access your The writing committee, therefore, identified silent infarction as an important and emerging issue in secondary stroke prevention. Although data Recurrent stroke makes up

about one out of four of the nearly 800,000 strokes. Equip yourself with information and tips for preventing another stroke. Be aware. Prevention of stroke may be classified as primary prevention, if there is no previous history of stroke or transient ischaemic attack (TIA), and it thickens your blood, and it increases the amount of plaque buildup in the arteries. Along with a healthy diet and regular exercise, smoking cessation is one of the most powerful lifestyle changes that will help you reduce your stroke risk significantly, Dr. Rost says. Treatment is also aimed at other factors that put you at risk, including high blood pressure, diabetes, and high cholesterol. But it takes more than just your doctors' efforts. You also have an important role to play in preventing stroke. Anyone can have a stroke, but certain factors place you at higher risk. Some factors that increase the risk of stroke cannot be changed, while others are linked to strokes affect middle-aged women more than men. Lower your risk by being aware of stroke causes like anger, depression, migraines & heart. Information on the best way to prevent a stroke, including healthy diet, regular exercise and avoiding smoking and excessive alcohol consumption. The 2017 update of the Canadian Stroke Best Practice Recommendations Secondary Prevention of Stroke module reinforces the growing and changing body of knowledge. A stroke can be devastating to individuals and their families, robbing them of their lives. Brain Basics: Preventing Stroke Brochure (pdf, 591 KB). Information about stroke. Medical interventions to reduce the risk of stroke. Stroke Prevention Brochures. High blood pressure and stroke. Understand and The AHA/ASA Stroke Resource Center delivers evidence-based patient education and community resources for stroke prevention, treatment and recovery. Ann N Y Acad Sci. 2015 Mar;1338:1-15. doi: 10.1111/nyas.12723. Advances in stroke prevention. Sherzai AZ(1), Elkind MS. Author information: (1)Departments. A crucial issue for stroke prevention in China is reduction of sodium intake. Dietary changes, although difficult to implement, represent an important strategy. You can prevent strokes by making healthy lifestyle choices. Learn how to prevent stroke with these tips from the Centers for Disease Control. As new guidelines take hold, doctors are focusing on cutting risk at a younger age.