



## General Information

Hemorrhagic stroke happens when a weakened blood vessel bursts and bleeds into the surrounding brain. Once you've had a stroke, you are at greater risk to have another one. It is very important that you follow up with your doctor and follow the discharge instructions given to you. Refer to your *Discharge Instructions Sheet* for your doctor's name and phone number to make an appointment. Keep all follow up appointments. While all strokes cannot be prevented, below are some key points that may help decrease your risk.

## Lifestyle Changes

### • Medications Prescribed by the Physician

Take medications as prescribed.

### • Blood Tests

Have your blood tested as ordered by the physician.

### • High Blood Pressure

Have your blood pressure checked and treated if it is high. It is the most important risk factor for stroke that can be controlled with proper treatment. Follow the physician's instructions regarding medications and diet.

### • High Blood Cholesterol

High cholesterol causes plaque buildup or fat in your blood vessels, which increases your risk of stroke. Follow the physician's medication/diet instructions to lower the numbers.

### • Quit Smoking

For help, visit [www.smokefree.gov](http://www.smokefree.gov) or call your local quit hotline at 1-800-QUIT-NOW.

### • Maintain a Healthy Weight

Speak with the physician about how to maintain or achieve a healthy weight.

### • Mini Strokes (Transient Ischemic Attack, TIA)

Mini strokes cause temporary, stroke-like symptoms. If you have a mini stroke, it is important to be seen by a physician immediately.

### • Diabetes

Controlling blood sugar levels helps prevent further damage to your blood vessels. Follow medication and/or diet instructions.

### • Avoid Alcohol

Large amounts of alcohol can increase your blood pressure.

## KNOW YOUR ZONE

Which zone are you in today?

### ALL CLEAR/GOAL ZONE

Your symptoms are under control and you do not have any of the signs listed in the yellow or red zones below.

### CAUTION/WARNING ZONE

Call your physician if you:

- Have side effects or concerns about your medications.
- Need help with managing risk factors for stroke prevention.
- Still have stroke symptoms. Inpatient/outpatient rehab may be needed.

### EMERGENCY ZONE

Call 911 if you suddenly have any of the following:

- Weakness/numbness of the face, arm, leg or on both sides of the body
- Dimness or loss of vision in one eye or double vision
- Loss of speech, trouble talking or understanding speech
- Severe headaches with or without vomiting
- Unexplained dizziness, difficulty with balance, unsteadiness or sudden falls, especially along with any of the previous symptoms