

# Your Stroke Prevention Plan

## Blood Pressure Control

Medicines:

\_\_\_\_\_

Blood pressure range: \_\_\_\_\_

## Reduce Cholesterol, Fats and Salt

Medicines:

\_\_\_\_\_

Foods:

low cholesterol  low fat  low salt

LDL: \_\_\_\_\_ Your target goal: \_\_\_\_\_

## Anticoagulants/Antithrombotics

Blood thinners you take:  aspirin  heparin  warfarin (Jantoven®)  
 apixaban (Eliquis®)  enoxaparin (Lovenox®)  clopidogrel (Plavix®)  
 dabigatran (Pradaxa®)  rivaroxaban (Xarelto®)  \_\_\_\_\_

Call your health care provider or go to the Emergency Department right away if you have black or tarry-looking stools.

## Increase Activity

How will you increase your activity level? What did your health care team suggest?

\_\_\_\_\_  
\_\_\_\_\_

## No Tobacco Use/Drug Abuse

What is your plan to quit using tobacco or drugs?

\_\_\_\_\_  
\_\_\_\_\_

## Blood Glucose Control

Medicines:

\_\_\_\_\_

Hemoglobin A1c: \_\_\_\_\_ Your target A1c range: \_\_\_\_\_

B

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