

Your Stroke Prevention Plan

Blood Pressure Control

B

Medicines:

Blood pressure range: _____

Reduce Cholesterol, Fats and Salt

R

Medicines:

Foods:

low cholesterol low fat low salt

LDL: _____ Your target goal: _____

Anticoagulants/Antithrombotics

A

Blood thinners you take: aspirin heparin warfarin (Coumadin®)
 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

I

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

No Tobacco Use/Drug Abuse

N

What is your plan to quit using tobacco or drugs?

Blood Glucose Control

S

Medicines:

Hemoglobin A1c: _____ Your target A1c range: _____