



# Health and Wellness Tip of the Week Week 9 - February 25, 2019

## Preventing a Second Stroke

If you have had a stroke, did you know there are things you can do to prevent a second? Up to 80 percent of second clot-related strokes may be preventable. There are a few key things you can do:

- Monitor blood pressure
- Control cholesterol
- Keep blood sugar down
- Exercise often
- Eat well
- Lose weight if needed
- Don't smoke, and quit if you do
- Talk to your doctor about aspirin or other medications that may help

Your doctor can tell you about helpful tools to help prevent a second stroke. Be sure to ask them about all the ways you can lower your risks.

*Source: American Stroke Association*

### City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

