

# Your Stroke Journey: Chapter 3

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

## **Chapter 3 – Preventing Another Stroke**

Learning about what might cause a stroke can help you find healthy ways to reduce your chances of having another one.

### **In this chapter you will:**

- » Know the FAST signs of a stroke
- » Learn about things that can make it more likely for you to have a stroke
- » Find out how to make healthy choices that can lower your risk of having a stroke
- » Understand how to make a plan for healthy changes
- » Find out who can help you prevent another stroke

*Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.*



Funded by:



1-800-663-3600  
stroke@hsf.nb.ca

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You'll find helpful resources in **Chapter 3 – Preventing Another Stroke**. Here are a few more that might be useful for you.

**Find these resources and more online at: [heartandstrokenb.ca/stroke-resources](http://heartandstrokenb.ca/stroke-resources)**

- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
  - *Infographic Secondary Prevention*

## Risk Factors

- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
  - *Managing your blood pressure / How to manage your cholesterol*
- » Heart & Stroke Foundation of Canada Website
  - [How Medications Work](#)
  - [Medication List Tool](#)

## Healthy Food Choices

- » [Canada's Food Guide Website](#)
- » [Dietician Association of New Brunswick Website](#)

## Be More Active

- » Canadian Society for Exercise Physiology Website
  - [24-Hour Movement Guidelines](#)
- » Heart and Stroke Foundation of New Brunswick Website
  - [Live Well / Bien Vivre Health Coaching](#)

## Quit Smoking & Vaping

- » [Smoke and Vape Free NB Website](#)
- » [Heart and Stroke Foundation of Canada Website Smoking and Tobacco](#)
- » Heart and Stroke Foundation of New Brunswick Website
  - [Live Well / Bien Vivre Health Coaching](#)

## Manage Stress

- » Heart and Stroke Foundation of Canada Website
  - [Stress basics](#)
  - [Recognizing and handling stress](#)
- » Canadian Partnership for Stroke Recovery YouTube Video
  - [Stress after stroke](#)
- » Heart and Stroke Foundation of New Brunswick Website
  - [Live Well / Bien Vivre Health Coaching](#)

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## Manage Stress

» [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)

- Enabling self-management following stroke: A checklist for patients, families and caregiver
- Are you at risk for heart disease or stroke?

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