

Stroke Prevention



Also called: Cerebrovascular accident
Related terms: Transient Ischemic Attack, TIA

Last revised: August 2010

The purpose of this guide is to help people at risk for a stroke and their families to find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the cardiovascular center.

Brochures, Fact sheets

- **American Heart Association**

- *Stroke: Are You at Risk?*
- *Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke*
- *Understanding Stroke: Our Guide to Explaining Stroke and How to Reduce Your Risk*

- **American Stroke Association**

- *Warning Signs of Stroke*

Printable Fact Sheets:

- *Let's Talk About... Series*

Topics include: *Anticoagulants and Antiplatelet Agents, Hemorrhagic Strokes and Their Causes, High Blood Pressure and Stroke, Ischemic Strokes and Their Causes, Lifestyle Changes to Prevent Stroke, Risk Factors for Stroke, Stroke, TIA and Warning Signs*

Access online at: <http://www.strokeassociation.org/>

- **National Institute of Neurological Disorders and Stroke**

- *What You Need to Know About Stroke*
- *Know Stroke. Know the Signs. Act in Time*
- *Brain Basics: Preventing Stroke*
- *Stroke Risk Factors and Symptoms*
- *Stroke: Challenges, Progress, and Promise*

Access online at: <http://stroke.nih.gov/>

- **National Stroke Association**

- *Stroke 101 Fact Sheet*
- *Stroke: Reducing Risk and Recognizing Symptoms*
- *Stroke Risk Scorecard* (English and Spanish)
- *Second Stroke Risk*
- *High Blood Pressure*
- *Cholestrol*
- *Atrial Fibrillation (AF)*
- *Smoking*

Access online at <http://www.stroke.org/>

Books

- Always, David. *Stop your Next Stroke: Stroke Prevention for Those Who Have had a Stroke or Stroke-Like Symptoms*. Bloomington, IN: Author House, 2006.
- Caplan, Louis R. *Stroke*. New York: American Academy of Neurology, 2006
- Hreib, Kinan K. *100 Questions and Answers about Stroke: A Lahey Clinic Guide*. Sudbury, Mass: Jones and Bartlett Publishers, 2009.
- Spence, J. David. *How to Prevent Your Stroke*. Nashville, TN: Vanderbilt University Press, 2006.
- Stein, Joel. *Stroke and the Family: A New Guide*. Cambridge, MA: Harvard University Press, 2004.
- Turner, Glenn O., and Mark Bruce Rosin. *Recognizing and Surviving Heart Attacks and Strokes: Lifesaving Advice You Need Now*. Columbia, MO: University of Missouri Press, 2008.

Audiovisual Resources

- **National Institute of Neurological Disorders & Stroke - Know Stroke**

→ Access at: <http://stroke.nih.gov/materials/video.htm>

This 8 minute video features experts in the field of stroke discussing the symptoms of stroke and what to do, as well as stories from people who have successfully recovered from a stroke.

- **Strokes - An interactive tutorial on MedlinePlus.gov**
 - Access at: <http://www.medlineplus.gov/>
 - Click on "Videos & Cool Tools"
 - Click on "Interactive Tutorials"
 - Under the heading "Diseases and Condition," select "Strokes"

A slide show with voice over and graphics explains what causes strokes, reducing risk factors, signs of a stroke and how to act in order to minimize brain damage.

Web Resources

- **American Stroke Association**
 - Access at: <http://www.strokeassociation.org/>

The information about stroke prevention includes an animation of stroke signs, and sections about reducing risk and accessing quality care. Specific risk factors of special populations such as African-Americans, Hispanics and women as also discussed.
- **Familydoctor.org – Stroke**
 - Access at: <http://familydoctor.org/>
 - Click on "Conditions A to Z"
 - Click on "Heart Disease & Stroke"
 - Click on "Stroke"

This easy-to-read overview of stroke covers the signs and symptoms of a stroke, what to do when symptoms appear and how to avoid getting a stroke.
- **National Stroke Association**
 - Access at: <http://www.stroke.org/>

This site provides guidelines for stroke prevention and explanations of controllable and uncontrollable risk factors. It also has special sections on strokes in women and children.
- **National Institute of Neurological Disorders and Stroke**
 - Access at: <http://www.ninds.nih.gov/>
 - Click on: "Disorders A-Z"
 - Click on "Stroke"

This site offers information about stroke prevention and access to the printer-friendly publications.

- **University of Michigan Cardiovascular Center – Stroke Program**

- Access at: <http://www.med.umich.edu/cvc/>

- Click on “Our Services”

- Select “Stroke Program” from the list

Our nationally known program offers emergency and follow-up care for ischemic (blockage) and hemorrhagic (bleeding) strokes, as well as mini-strokes.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services Including:

- Cardiac Rehabilitation Program
 - Exercise Consultations
 - Nutrition Services
 - Stress Management Services

For more information access

<http://www.med.umich.edu/cvc/adult/serpre.htm>

or call: 734.998.7400.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

Patient Support Organizations

- **National Stroke Association**

Web site: <http://www.stroke.org/>

Phone: (800) 787-6537

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #015/ Revised August 2010

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