



AMERICAN STROKE ASSOCIATION STROKE RESOURCE LIST

Learn more at stroke.org

1-888-4-STROKE (1-888-478-7653)

Preventing a First Stroke

Explaining Stroke Brochure: A practical step-by-step booklet that explains how a stroke happens, different types of stroke and how to prevent a stroke. [View PDF.](#)

Understanding Stroke Risk Brochure: Learn about stroke risk factors that you can and can't control. [View PDF.](#)

Let's Talk About Lifestyle Changes to Prevent Stroke: A healthy lifestyle plays a big part in decreasing risk for disability and death. [View PDF.](#)

Things You Should Know Brochure: Your risk for stroke and how to be prepared. [View PDF.](#)

What Causes Stroke: Animated video. [View Video.](#)

Stroke Risk Quiz: Evaluate your personal risk for stroke with this easy to use tool. [View PDF.](#)

What's at the Heart of My Cryptogenic Stroke Brochure: A patient guide to understanding strokes of unknown cause. [View PDF.](#)

The Known and Unknown of Stroke: Infographic. [View PDF.](#)

5 Things Every Stroke Hero Should Know: Infographic. [View PDF.](#)

Heat Stroke vs Stroke: Infographic. [View PDF.](#)

Treat Stroke F.A.S.T. [View Video.](#)

Improve Brain Function. Reduce Stroke Risk. [View Video.](#)

Preventing Another Stroke

I WILL Prevent Another Stroke or Heart Attack: Infographic. [View PDF.](#)

What to Do Instead of Having Another Stroke: Prevention checklist. [View PDF.](#)

Taking Steps to Prevent Another Stroke: Learn how you can reduce your stroke risk. [View PDF.](#)

Stroke Risk Management

High Blood Pressure is a Risk You Can Do Something About: Take control by controlling your blood pressure. Tracker. [View PDF.](#)

High Blood Pressure Increases Risk of Stroke: Infographic. [View PDF.](#)

Living with Atrial Fibrillation Brochure: A guide to living healthy with Afib. [View PDF.](#)

Atrial Fibrillation: Infographic. [View PDF.](#)

Let's Talk About Carotid Endarterectomy: Fact Sheet. [View PDF.](#)

Let's Talk About Anticoagulants and Antiplatelet Agents: Fact Sheet. [View PDF.](#)

Let's Talk About the Connection Between Diabetes and Stroke: Fact Sheet. [View PDF.](#)

Diabetes and Stroke Risk: What You Need to Know: Video. [View Video.](#)

Medicine Chart: [View PDF.](#)

My Blood Pressure Log: [View PDF.](#)

Glucose Tracker: [View PDF.](#)

Brain Health and Healthy Aging: Infographic. [View PDF.](#)

Healthy Heart, Healthy Brain, and Healthy Aging: Infographic. [View PDF.](#)

Post Stroke

Life After Stroke Guide: Information for survivors and caregivers to navigate life after stroke. [View PDF.](#)

Making Rehabilitation Decisions Guide: [View PDF.](#)

Making Stroke Rehabilitation Decisions: [View Video.](#)

Stroke Rehabilitation Planning List: Making good decisions begins with asking good questions. [View PDF.](#)

What to Expect from Stroke Rehabilitation: Checklist. [View PDF.](#)

Daily Home Care Guide: [View PDF.](#)

Financial Guide After Stroke: [View PDF.](#)

Post Stroke Exercise Videos: Library of exercises you can perform at home. [Link to Page.](#)

Let's Talk About Stroke: Series of downloadable patient information sheets. [Link to Page.](#)

Stroke and Kids

Healthy Diet Habits for Kids: Infographic. [View PDF.](#)

Let's Talk About Children and Stroke: Fact Sheet. [View PDF.](#)

Strokes Can Happen at Any Age Infographic: Learn about perinatal and childhood stroke. [View PDF.](#)

Pediatric Stroke: Infographic. [View PDF.](#)

Perinatal Stroke: Infographic. [View PDF.](#)

Kids Stroke Prevention Quiz: [View PDF.](#)

Kids Stroke Word Finder: [View PDF.](#)

Resources in Spanish

Explicando el Ataque Cerebral (Explaining Stroke): Brochure. [View PDF.](#)

¿Que es un ataque cerebral? (What is a Stroke): Infographic. [View PDF.](#)

Qué Hacer en Lugar de Tener Otro Ataque Cerebral (What to Do Instead of Having Another Stroke): Infographic. [View PDF.](#)

La Vida Tras un Ataque Cerebral (Life After Stroke) Guide: [View PDF.](#)

Marcando Los 7 Pasos Para Mi Salud (My Life Check - Life's Simple 7): [Link to Page.](#)

Trate el ataque o derrame cerebral F.A.S.T. (Treat Stroke F.A.S.T.): [View Video.](#)

Mejora tu función cerebral. Ayuda a prevenir un ataque o derrame cerebral. (Improve Brain Function. Reduce Stroke Risk.): [View Video.](#)

Recursos en Español (Resources in Spanish): [Link to Page.](#)