

Medication:



Continue to take all of your medications as prescribed unless changes are recommended by your Health Care Provider.

Stroke Risk Factors:



Healthy Balanced Diet



INCREASE

- Natural / Whole foods
- Vegetables, Fruit, Whole Grains
- Fish, Nuts, Olive Oil
- Fat-free or Skim Milk



DECREASE/AVOID

- Red meat
- Processed foods
- Snack foods / Sugary drinks
- Alcohol

Eat the rainbow, Go with the grain, Roast your dinner, Trade in the sugar, Think plant proteins, Go fish, Shake salt habit, Pop that corn, Go nuts, Swap out the oil, Go Skinless, Limit sugar and Reduce soft drinks.



High Blood Pressure

Goal less than 140/90 mmHg
 If you are a diabetic, goal less than 130/80 mmHg

Reduce amount of salt you eat, exercise regularly and be mindful of your stress. Drink less alcohol. Be smoke free. Reduce stress where possible. Take medication as prescribed.

Check your blood pressure regularly at home, or at your pharmacy. Use the same arm each time and **keep a record** of your blood pressure to review with your Health Care Provider.



Diabetes

Check your blood sugars daily and maintain a calorie reduced diet. Patients with Diabetes, A1C goal is 7 or less. Patients without Diabetes, A1C goal is less than 6. Connect with your Diabetes Education Centre and speak to your Health Care Provider about your goals.



High Cholesterol

Reduce Low Density Lipids (LDL), goal is less than 2.0 mmol/L. Cook fresh food more often at home. Maintain a healthy weight, stay physically active and be smoke-free. Take your medication as recommended.



INCREASE

- Olive Oil, Canola Oil, Nuts, Avocado
- Vegetables, fruit, whole grains
- Fish, chicken
- Fat-free or skim milk



DECREASE/ AVOID

- Processed foods
- Red Meat
- Snack Foods with Trans Fat
- Butter, Cream, Lard

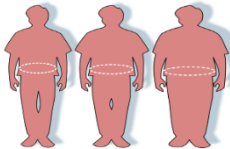




Exercise

Physical activity recommendation is 150 minutes per week (30 minutes a day, 5 days a week) of moderate intensity activity (walking, swimming, jogging and/or biking).

Work with Rehabilitation Professionals or virtual Rehabilitation team, as recommended. Your physical therapy may be the best form of exercise for you.



Weight

Maintaining a healthy weight is beneficial to your heart and brain. Set a realistic goal. Waist size matters. Where you carry your weight is just as important as how much you weigh. Make small changes to your diet and increase your activity to achieve slow steady weight loss.



Smoking Cessation

Set a goal to quit smoking; being smoke free is essential to your health. Vaping (e.g. e-cigarettes) has multiple health risks, and is not a safe substitute for smoking.



Alcohol

If you drink, limit yourself to no more than:
For Men, 2-3 drinks per day or maximum 15 drinks per week.
For Women, 1-2 drinks per day or maximum 10 drinks per week.

Beer: 12 fluid ounces | Wine: 5 fluid ounces | 80 proof Liquor: 1.5 ounces



Stress Levels - High, Medium, Low

Understand your sources of stress and healthy options for management. Go for a walk, start a journal, practice mindfulness. Speak to your Health Care Provider if stress is impacting your health.



Recreational Drug Use

Marijuana, Cocaine and Amphetamines, narcotics can increase the risk of stroke and heart disease. Ask for community supports and referral for addiction services.



Atrial Fibrillation

Rapid irregular heart rhythm can increase your risk of stroke. Taking your medication as recommended is important.



Oral Contraceptive & Hormone Replacement Therapy

People who are taking estrogen as part of a Hormone Replacement Therapy have an increased risk of stroke and heart attack. Discuss with your Health Care Provider what this means for you and what your options are.



Sleep Apnea

Speak to your Health Care Provider about sleep study/disorder. Compliance with Continuous Positive Airway Pressure (CPAP) machine is important.





Fitness to Drive

Clarify with your Health Care Provider about your fitness to drive. It is recommended to stop driving for 30 days **or** until after your stroke clinic assessment has been completed. Your Health Care Provider can then complete Ministry of Transportation forms.

Helpful Resources / Home and Community Supports:

North Simcoe Muskoka Home and Community Care - (705) 721-8010 – <http://healthcareathome.ca/nsm/en>
 Barrie Family Health Team (705-737-9539)
 Canada's Food Guide 2019 – <https://food-guide.canada.ca/en/>
 Heart and Stroke Canada - www.heartandstroke.ca
 UHN, Cardiac College, Stroke Online – <https://www.healthuniversity.ca/EN/CardiacCollege/Stroke>
 Central East Stroke Network: www.cesnstroke.ca
 NSMHealthline – Health resources <http://www.NSMhealthline.ca>
 Control Sodium Intake – Hypertension Canada Guidelines – www.hypertension.ca
 Heart and Stroke - Get Healthy-Healthy Eating – www.heartandstroke.ca
 Diabetes Clinics can be found at – www.nsmhealthline.ca
 Simcoe Muskoka District Health Unit- www.smdhu.org/HC
 Guidelines for driving after a stroke - <https://www.strokengine.ca/en/>
 Skill Builders - <https://www.skillbuildersrehab.com/>
 Journey to Recovery After a Stroke - [Toolkit and Resources](#)



Stroke and TIA are a medical emergency, call 9-1-1 immediately.

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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DISCLAIMER: The information in this resource represents general guidance based on current practice and available evidence. The information in this tool was developed reflecting best knowledge at the time of writing, and is subject to revision based on changing circumstances and conditions. This information is intended to be "guidance rather than directive," and is not meant to replace clinical judgment. Any advice given in this paper is not intended to replace or supersede the specific advice given by your physician or healthcare team.

