

Stroke Risk-Self-Management Plan

High cholesterol, high blood pressure, diabetes, smoking, drinking too much alcohol and being inactive can increase your risk of stroke.

- Keep your blood pressure under control.
- If Diabetic, keep your blood sugar under control.
- Take medicine(s) as prescribed.
- Get regular physical activity.
- Follow a low-fat, low salt diet.
- Don't smoke. If you do, take steps to quit.

Green Flags — All Clear

What this means ...



If you:

- Have controlled blood pressure.
- If diabetic blood sugar is A1C less than 7 mg/dl.
- Follow a low fat, low salt diet.
- See your health care provider regularly.

- Good work!



Yellow Flags — Caution

Keep up the good work!

If you:

- Have blood pressure not under control.
- Skip or forget prescribed medicine(s)
- Have blood sugars not in control.
- Are not routinely physically active.
- Frequently eat fried foods

What this means ...

- You are at higher risk for stroke.

Call your doctor, consulting nurse, or health care provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags — Stop and Think

What this means ...



If:

- B-Balance changes and changes in coordination
- E-Eyes-Trouble seeing in one or both eyes
- F-Face drooping, weakness, numbness.
- A-Arms or leg weakness/numbness
- S-Speech garbled, slurred, not understandable, not able to talk understandably.
- T-Time-sudden onset-terrible headache, no known cause.

- You could be having a stroke
- You need to be evaluated by a health care professional immediately.

Name:

Number:

Follow these instructions: **CALL 9-1-1**

If you notice a Red Flag, CALL 911. Emergency!

Do not travel by private transportation; wait for pre-hospital providers (EMTs and Paramedics)

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Stroke Fast Facts

- Stroke is the fifth leading cause of death, and the #1 cause of long-term disability in the United States.
- A stroke is sometimes called a brain attack. It can happen when a clot blocks the blood supply to the brain, or when a blood vessel in the brain bursts.
- About 85% of all strokes are “ischemic strokes”, which means the blood flow to the brain is blocked.
- Having high cholesterol, high blood pressure, diabetes, smoking, drinking too much alcohol and not getting enough exercise can increase your risk of stroke.
- **Common Stroke Warning Signs and Symptoms-** A sudden numbness or weakness in the face, arm, or leg, sudden confusion or trouble speaking, or understanding others, sudden trouble seeing in one or both eyes, sudden dizziness, trouble walking, or loss of balance and coordination, and sudden severe headache with no known cause can be signs/symptoms of stroke.
- **Though stroke is a disease of the brain, it can affect your entire body.** A person may have one-sided weakness or may have complete paralysis of one side of the body.
- **Strokes can affect speech, memory, attention, learning, understanding., and judgement.** It can also affect emotions, and many people who’ve had a stroke also experience depression.

What can you do?

- **Know the signs! Think B.E.F.A.S.T-** It stands for **B**-Balance-watching for sudden loss of balance-**E**-Eyes: vision changes in one or both eyes. **F**-Facial drooping, looking for an uneven smile, **A**-Arm Weakness, particularly on one side, **S**-Speech difficulties, slurred speech, and **T**-Time to call emergency services-**911 right away!**
- **Know your risk factors.** Though you can’t control some stroke risk factors, like heredity, age, gender, and ethnicity, there are treatable medical conditions, including high blood pressure, high cholesterol, heart disease, and diabetes. If you are not at a healthy weight for your age/height, had a previous stroke or transient ischemic attack (TIA)—this can raise your stroke risk.
- Avoid smoking or if you do, consider quitting.
- Avoid excessive alcohol.
- Eat a balanced diet. Follow your health care provider, dietician, or nutritionist directions regarding a healthy eating plan, including reducing salt, saturated fats, and refined sugars/starches.
- Stay physically active. Talk with your health care provider about what exercise/activity might be right for you.

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For information about services or interpretation assistance, call 844-348-5464 or e-mail info@communitylivingconnections.org



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