



**American  
Stroke  
Association.**

*A division of the  
American Heart Association.*

## STROKE RESOURCE LIST FOR PATIENTS

Learn more at [stroke.org](http://stroke.org)  
1-888-4-STROKE (1-888-478-7653)

### FOR HEALTH CARE PROFESSIONALS

#### Preventing a First Stroke

Explaining Stroke: 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: Learn about stroke risk factors that you can and cannot control. Brochure. [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: Your risk for stroke and how to be prepared. Brochure. [View PDF.](#)

What Causes Stroke: [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: A patient guide to understanding strokes of unknown cause. Brochure. [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.](#)

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

Recognizing F.A.S.T.: Community presentation deck. [View PDF.](#)

#### Preventing Another Stroke

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

What to Do Instead of Having Another Stroke: Checklist for patients. [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.](#)

Women Face Higher Risk of Stroke: Infographic. [View PDF.](#)

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

Medicine Chart: [View PDF.](#)

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

Glucose Tracker: [View PDF.](#)

## Post Stroke

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

HOPE: The Stroke Recovery Guide will help you and your family navigate your recovery journey. [View PDF.](#)

Making Rehabilitation Decisions: A guide to help make the best decisions for you or your loved one's rehabilitation. [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.](#)

Caregiver's Guide to Stroke: Practical tips and resources for new caregivers. [View PDF.](#)

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

Simply Good: A cookbook for stroke survivors and their families. [View PDF.](#)  
[View Videos.](#)

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.](#)

YO EVITARE otro ataque cerebral o ataque cardiac (I WILL Prevent Another Stroke or Heart Attack):  
[View PDF.](#)  
[View Video.](#)

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.](#)

Simplement Bueno: Un libro de recetas para quienes han sobrevivido un ataque o derrame cerebral y para sus familias. (Simply Good: A cookbook for stroke survivors and their families. [View PDF.](#)  
[View Videos.](#)

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