

STROKE PREVENTION PLANNING

The **ASK** study
action. success. knowledge



THIS SESSION

Will **focus** on:

- What things **you can do** to reduce your risk of another stroke.
- Which **health professionals** to see to help **reduce** your **risk** of another **stroke**.

BY THE END OF THE SESSION

You will develop an **action plan** of who to see.



RESEARCH

Health professionals can help you to reduce **your risk** of another stroke.

It is important health professionals **monitor** your health.

An **action plan** can help make sure you **stay on track**.

ADVICE FROM A DOCTOR

Talk to your doctor about the best way to:

- Monitor your **blood pressure**.
- Quit **smoking**.
- Keep your **weight** at a **recommended level**.
- Monitor **diabetes**.
- Increase **exercise**.
- Manage **stress**.

Manage blood pressure



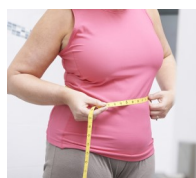
Quit smoking



Monitor diabetes



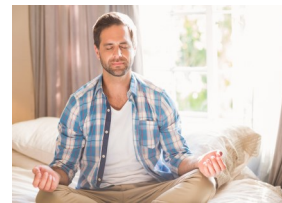
Weight management



Increase exercise



Manage stress



ADVICE FROM A DOCTOR

Your doctor should provide you with **information** that is **just for you**.

What will you **talk to your doctor** about?

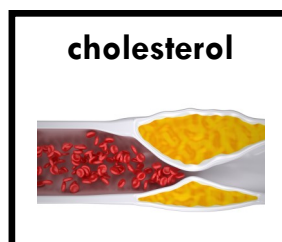


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ADVICE FROM A DIETICIAN

A dietitian can tell you what you can eat to help manage:

- **Cholesterol levels.**



- **Blood pressure.**



- **Weight.**



- **Diabetes.**



A dietitian can help you with **strategies to increase:**

- **Fruit** intake.
- **Vegetable** intake.

A dietitian can help develop an **eating plan** to suit you.

ADVICE FROM A PHYSIOTHERAPIST

You may still be able to do **some exercise** even if your stroke changed your movement.

You can get **advice** about how to **safely exercise** from a:

- **Physiotherapist**
- **Occupational therapist**

As recovery progresses you may be able to **try new fitness activities**.

ADVICE FROM A PHYSIOTHERAPIST

What will you **talk to your physiotherapist or occupational therapist** about?

Call 1800 STROKE (1800 787 653) to find a community

Physiotherapist or Occupational Therapist.

More information is also available on these websites:

<http://www.physiotherapy.asn.au/>

<https://www.otaus.com.au/>



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ADVICE TO QUIT SMOKING

Quitting smoking can be **hard** but it is **possible**.

Quitting can sometimes take more than one try.



Some **strategies** to stop smoking include:

- **Counselling.**
- **Nicotine replacement.**

Your doctor can help you decide which strategy is best.

You can also Call **13QUIT Line** (13 78 48)

www.quitbecauseyoucan.org.au

ADVICE TO QUIT SMOKING

Who are the **people** who can **help you** to **quit smoking**?

What will you talk to your **doctor** about?



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