

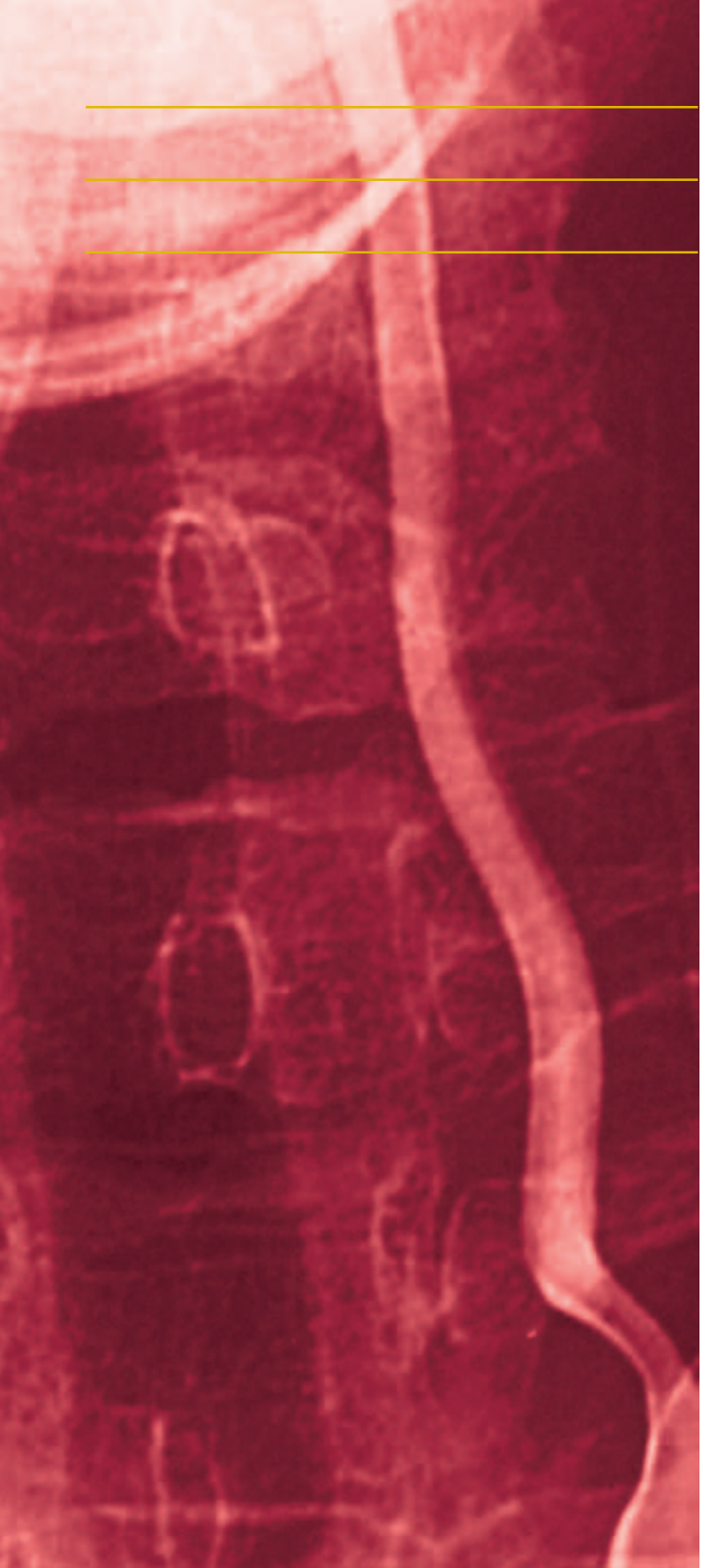
# Preventing Secondary Stroke

An Overview for  
Healthcare Practitioners

PLAN  
LOGO



STRATEGIES *for*  
CHRONIC CARE™



## Stop a stroke today

Through risk management, early intervention, and patient education, you can make a difference in your patients' lives.

Please see the National Stroke Association and the American Heart Association guidelines for a comprehensive review of stroke and TIA treatment protocols.

## RESOURCES

**American Stroke Association (ASA)**  
**A Division of the American Heart Association**  
1-888-4-STROKE (1-888-478-7653)  
[www.strokeassociation.org](http://www.strokeassociation.org)

**Centers for Disease Control and Prevention (CDC)**  
404-639-3534  
1-800-232-4636  
[www.cdc.gov](http://www.cdc.gov)

**Brain Attack Coalition**  
301-496-5751  
[www.stroke-site.org](http://www.stroke-site.org)

**Administration on Aging (AoA)**  
**National Family Caregiver Support Program**  
202-619-0724  
[www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp](http://www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp)

**National Institute of Neurological Disorders and Stroke (NINDS)**  
**A Division of the National Institutes of Health**  
301-496-5751  
1-800-352-9424  
[www.ninds.nih.gov/disorders/stroke/stroke.htm](http://www.ninds.nih.gov/disorders/stroke/stroke.htm)

**National Stroke Association (NSA)**  
1-800-STROKES (1-800-787-6537)  
[www.stroke.org](http://www.stroke.org)

**References:** **1.** Goldstein LB, Adams R, Alberts MJ, et al. Primary prevention of ischemic stroke: a guideline from the American Heart Association/American Stroke Association Stroke Council: cosponsored by the Atherosclerotic Peripheral Vascular Disease Interdisciplinary Working Group; Cardiovascular Nursing Council; Clinical Cardiology Council; Nutrition, Physical Activity, and Metabolism Council; and the Quality of Care and Outcomes Research Interdisciplinary Working Group. *Stroke*. 2006;37:1583-1633. **2.** National Heart, Lung, and Blood Institute. Morbidity & Mortality: 2007 chart book on cardiovascular, lung, and blood diseases. June 2007. U.S. Department of Health and Human Services, National Institutes of Health; 2007. [www.nhlbi.nih.gov/resources/docs/cht-book.htm](http://www.nhlbi.nih.gov/resources/docs/cht-book.htm). Accessed October 3, 2007. **3.** Rosamond W, Flegal K, Friday G, et al. Heart disease and stroke statistics—2007 update: a report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2007; 115:e69-e171. **4.** Pleis JR, Lethbridge-Çejku M. Summary health statistics for U.S. adults: National Health Interview Survey, 2005. National Center for Health Statistics. *Vital Health Stat*. 2006;10[232]. **5.** American Stroke Association. Impact of stroke. [www.strokeassociation.org/presenter.jhtml?identifier=1033](http://www.strokeassociation.org/presenter.jhtml?identifier=1033). Accessed October 22, 2007. **6.** National Stroke Association. What is stroke? [www.stroke.org/site/PageServer?pagename=STROKE](http://www.stroke.org/site/PageServer?pagename=STROKE). Accessed October 22, 2007. **7.** National Stroke Association. What is TIA? [www.stroke.org/site/PageServer?pagename=TIA](http://www.stroke.org/site/PageServer?pagename=TIA). Accessed October 22, 2007. **8.** Kleindorfer D, Panagos P, Pancioli A, et al. Incidence and short-term prognosis of transient ischemic attack in a population-based study. *Stroke*. 2005;36:720-724. **9.** Samsa GP, Bian J, Lipscomb J, Matchar DB. Epidemiology of recurrent cerebral infarction: a Medicare claims-based comparison of first and recurrent strokes on 2-year survival and cost. *Stroke*. 1999;30:338-349. **10.** Vickrey BG, Rector TS, Wickstrom SL, et al. Occurrence of secondary ischemic events among persons with atherosclerotic vascular disease. *Stroke*. 2002;33:901-906. **11.** American Heart Association. Stroke risk factors. [www.americanheart.org/presenter.jhtml?identifier=4716](http://www.americanheart.org/presenter.jhtml?identifier=4716). Accessed October 22, 2007. **12.** Centers for Disease Control and Prevention (CDC). Know the signs and symptoms of a stroke. [www.cdc.gov/DHDSPLibrary/fs\\_strokesigns.htm](http://www.cdc.gov/DHDSPLibrary/fs_strokesigns.htm). Accessed October 22, 2007. **13.** Adams HP Jr, del Zoppo G, Alberts MJ, et al. Guidelines for the early management of adults with ischemic stroke: a guideline from the American Heart Association/American Stroke Association Stroke Council, Clinical Cardiology Council, Cardiovascular Radiology and Intervention Council, and the Atherosclerotic Peripheral Vascular Disease and Quality of Care Outcomes in Research Interdisciplinary Working Groups. *Stroke*. 2007;38:1655-1711. **14.** Schwamm LH, Pancioli A, Acker JE III, et al. Recommendations for the establishment of stroke systems of care: recommendations from the American Stroke Association's Task Force on the development of stroke systems. *Stroke*. 2005;36:690-703. **15.** U.S. Department of Health and Human Services. Complete report: *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. NIH Publication No. 04-5230; August 2004. **16.** Sacco RL, Adams R, Albers G, et al. Guidelines for prevention of stroke in patients with ischemic stroke or transient ischemic attack: a statement for healthcare professionals from the American Heart Association/American Stroke Association Council on Stroke: co-sponsored by the Council on Cardiovascular Radiology and Intervention. *Stroke*. 2006;37:577-617. **17.** National Cholesterol Education Program. Third report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report. *Circulation*. 2002;106:3143-3421. **18.** Lenz TL, Wilson AF. Clinical pharmacokinetics of antiplatelet agents used in the secondary prevention of stroke. *Clin Pharmacokinet*. 2003;42:909-920.

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