

# How to Prevent a Second Stroke

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## *How to prevent a second stroke in 7 steps*

Stroke prevention is critical for stroke survivors who are at risk of experiencing a [second stroke](#). With this 7-step framework, you'll reduce your risk of recurrent stroke and also create a healthy foundation for your stroke recovery. Let's get started.

### 1. Know Your Stroke Risk Factors

There are many factors that play a role in your risk of stroke. Some of them are [uncontrollable stroke risk factors](#), like age and heredity. Others are [manageable stroke risk factors](#), like diet and exercise. Once you're aware of your stroke risk factors, you'll know what to start paying extra attention to and where to make the extra effort.

### 2. Be Sodium Smart

Hypertension, the leading cause of stroke, is worsened by a heavy intake of salt. So if you're guilty of shaking the salt too abundantly, it would be wise to cut back. Here's a guide that can help you [reduce your sodium intake](#) and as a result, help reduce your risk of stroke.

### 3. Mind Your Arteries

To prevent a second stroke, it's imperative that you keep your blood flowing freely. An ischemic stroke, which accounts for [87%](#) of all stroke cases, is caused by a clogged artery in the brain. To keep your arteries clear, managing cholesterol consumption is of the utmost importance. Here's a guide to [managing cholesterol](#) that outlines important steps to take, like avoiding saturated fats and getting more exercise.

### 4. Get Moving

You've heard it again and again: exercise is critical for good health. A study from [Medscape Medical News](#) shows that exercising enough to break a sweat a few times a week can reduce your risk of stroke by 20%! So find time in your day to get moving. It'll improve your health and your mood.

### 5. Manage Inflammation

There are many studies linking inflammation to a host of chronic health issues – and a higher [risk of stroke](#) is one of them. That's why we created this guide on [how to manage inflammation](#) to help reduce reduce your risk of stroke. It covers important steps like reducing stress and eliminating processed sugar.

Also, a simple way to reduce inflammation is to add some probiotics to your diet. Along with helping you manage inflammation, probiotics also assist with [stroke recovery](#) – so it's a win-win!

### 6. Be Nutrient Smart

Certain nutrients can help prevent a second stroke. We recommend getting all your nutrients from food, but sometimes supplements can help fill in the gap when we need some extra help. Our [top 3 vitamins for stroke recovery](#) are CoQ10, vitamin B3, and ginkgo biloba. You can find CoQ10 in beef, broccoli, and spinach while vitamin B3 can be found in tuna, chicken, and salmon. Ginkgo biloba, however, comes from the leaves of a tree predominantly grown in China – so for the sake of convenience, we recommend supplementing with that one.

### 7. Stop Stressing

Stress is simply just bad for your health. Specifically, stress worsens your risk of stroke because it wreaks havoc on your blood vessels and increases inflammation in the body – two things that we're trying really hard to avoid. So learn how to [manage your stress levels](#) and find a calm center. It could save your life.

Now that you're fully equipped with the knowledge you need to prevent a second stroke, it's time to take action! **What steps do you need to focus on?**