

5 Things You Should Know About Second Stroke Survival

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A stroke is a life-threatening and life-changing event that can leave survivors fearful of a second stroke.

To answer any questions you may have about second stroke survival, we'll discuss 5 things every stroke survivor should know.

Let's get started.

1. Know the Second Stroke Survival Statistics

Of the 795,000 strokes that happen each year in the US, about 23% of them are recurrent strokes.

Unfortunately, this [2006 study](#) found that people who survive a second stroke have a 2.67x greater risk of dying within the next 2 years than single-stroke survivors.

This sheds light on the importance of stroke prevention among stroke survivors – especially second-stroke survivors.

2. Take Action with Stroke Prevention

Five major causes of stroke are smoking, high blood pressure, high cholesterol, obesity, and diabetes. These are all factors that you can work to reduce. If you have any of these conditions or habits, it's in your best interest to take immediate action to reduce them.

Read: [How to Manage These 8 Stroke Risk Factors](#) (July 30, 2015)

3. Spread Stroke Awareness – It Could Save a Life!

If you are a stroke survivor, it's very important for you to educate family and friends on **how to identify a stroke**. When people around you know how to identify a stroke, you have the best chances of receiving fast treatment if it happens again. And since time is brain when it comes to stroke, receiving fast treatment could save your life!

4. Keep Rehabilitation Going Strong

With second stroke, it can often feel like taking a step backward. During this time, it's very important to stay strong and **double your efforts to recover**. Although you have experienced a setback, there's no reason why you can't still achieve a healthy recovery.

5. Read Up on Stroke Education

If you are a stroke survivor, then you should become your own stroke recovery expert so that you can take things into your own hands. This means educating yourself on [how to recover from the 20 most common stroke side effects](#) (2/27/2017) and the importance of neuroplasticity.

While you will have a team of medical professionals helping you recover, you are the one in charge. So empower yourself with all the information you can get your hands on!