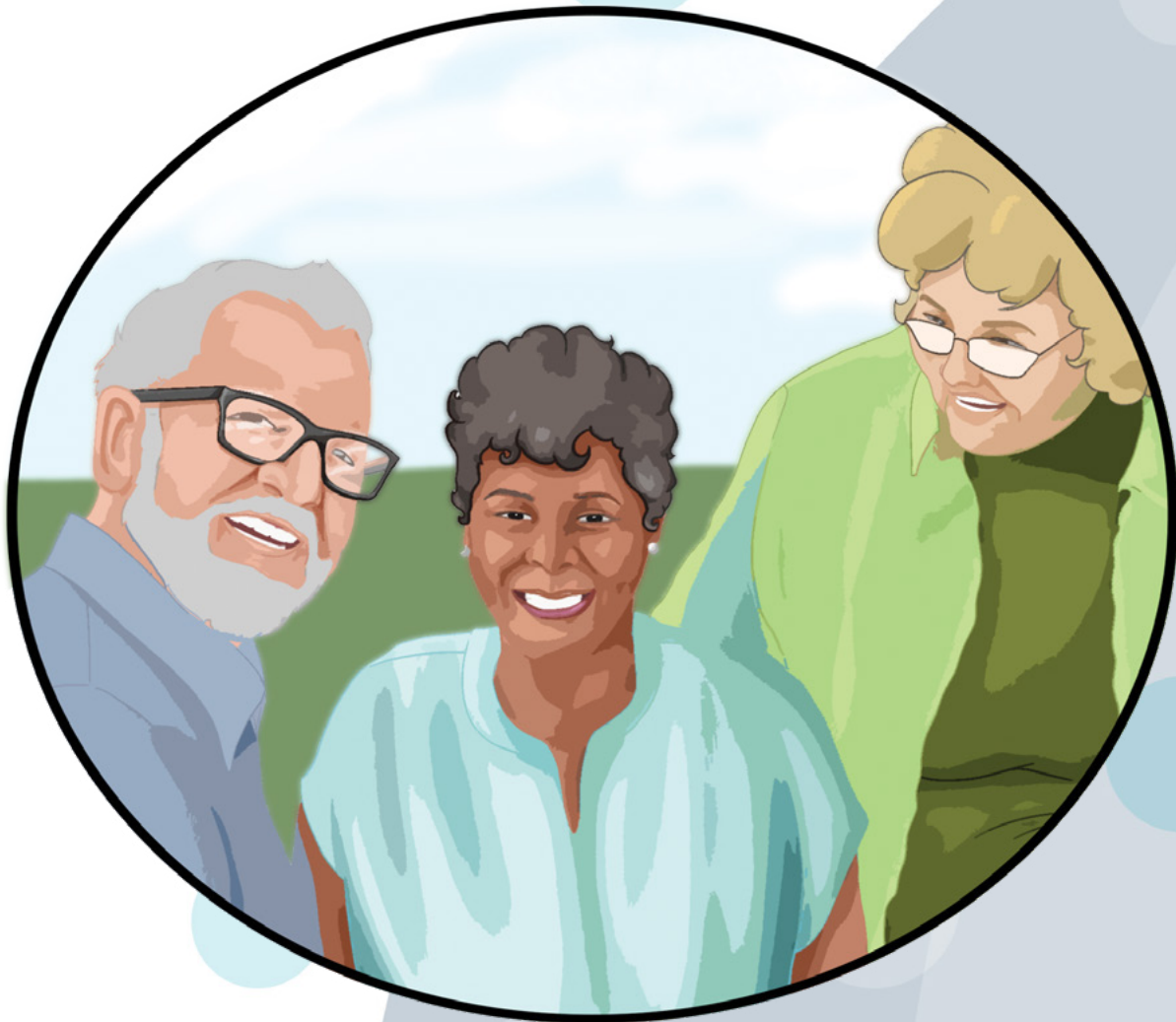


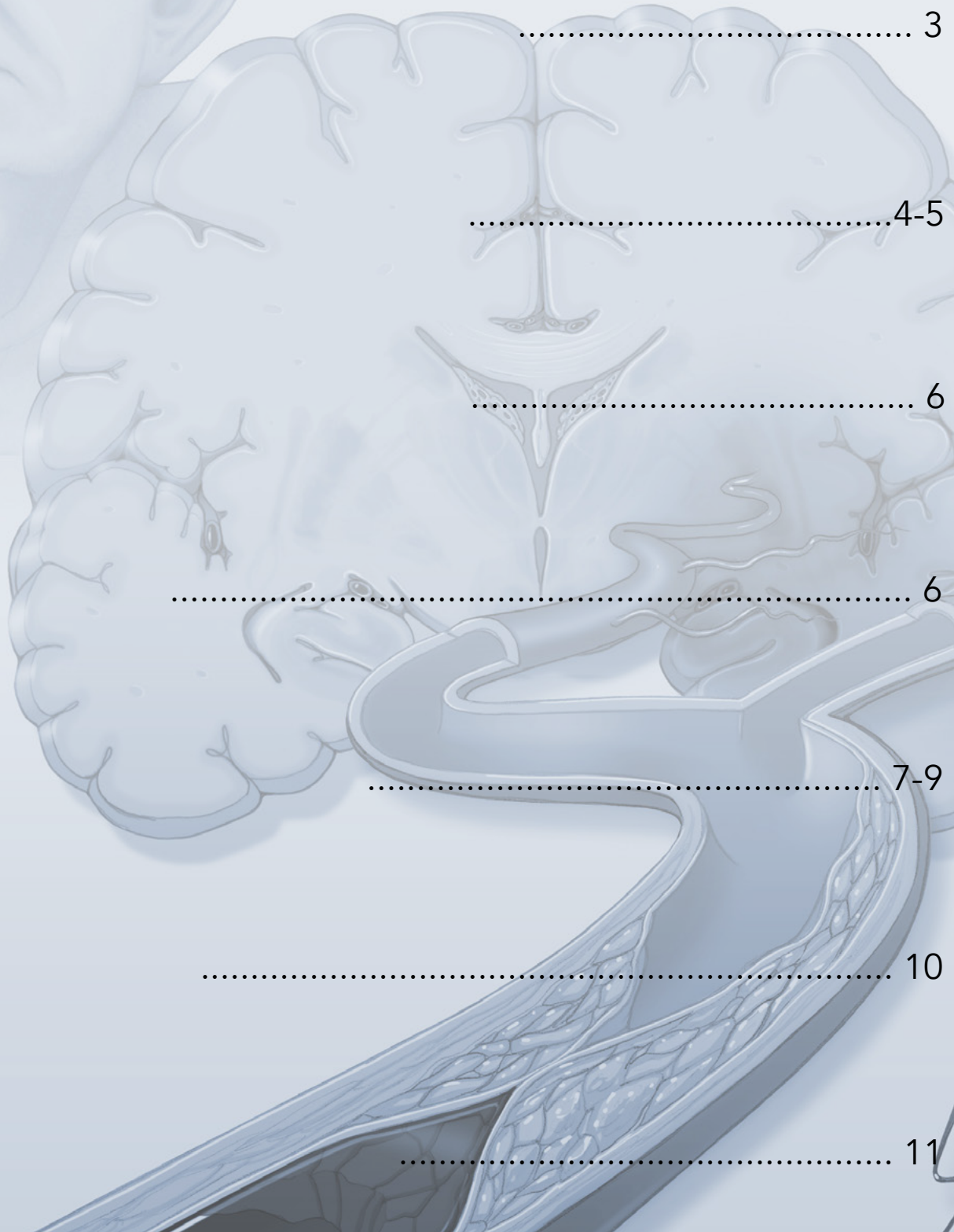
Patient Community



Directory and Resources

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[Click here for Stroke Education from American Heart & American Stroke Association](#)

Stroke Information / Rehabilitation

A stroke occurs when the brain is unable to receive enough blood. There are 2 different types:

Ischemic Stroke (80%): Due to blockage or narrowing of the arteries supplying blood to the brain. A blood clot can form in the brain (thrombotic) or break off from another part of the body (embolic).

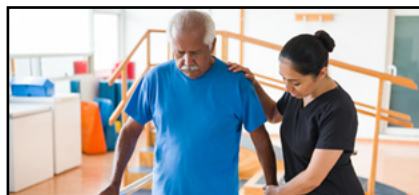
Hemorrhagic Stroke (20%): Due to breakage of a blood vessel due to injury or other etiologies.

A **Mini-Stroke/Transient Ischemic Attack (TIA)** has similar symptoms to a stroke and usually lasts for a few minutes. It can serve as a warning of a future stroke, as 1 out of 3 people who experience TIA will eventually have a stroke ([Mayo Clinic](#)).

Click the images below if you want to learn more about stroke and the different types!



Stroke Recovery



Stroke Recover Timeline



Stroke Symptoms and Causes



Life After Stroke



Recovery Resources for Patients



Stroke Recovery Guide PDF

The American Stroke Association has some great videos showcasing post-stroke exercise videos you can do at home!

Click here to learn more: [Life After Stroke](#)

Dealing with Caregiver Burnout

Being a caregiver comes with a lot of responsibility. This can make it harder to find time to focus on your own health. It is normal for even the most resilient person to feel overwhelmed and anxious. Here are some ways to help manage caregiver burnout:

Take Advantage of Resources

- o Respite care can provide a temporary break for caregivers, ranging from a few hours of in-home care to staying at an assisted living facility. See “Respite Care Services” below for more information.
- o A support group may provide some encouragement and emotional support as they understand what you may be going through. See “Caregiver Support Groups and Forums” below for more information.
- o If family and friends offer to help, be sure to accept it! Prepare a list of ways that others can help you and let them choose what they would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.

Stay Healthy and Don't Forget About Yourself!

- o Try to set personal health goals. For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.
 - o It is important to remember there is no such thing as a “perfect caregiver.” Believe you are doing the best you can even if it doesn't seem like it. Treating yourself doesn't have to be a luxury. Try to set some time aside for yourself even if it is only for a short time.
- Click here for more tips and information:
 - o [Help and Support for Family Caregivers](#)
 - o [Resources for Patients and Caregivers](#)
 - o [Stroke Family Warmline](#)

Dealing with Caregiver Burnout

Respite Care Services

Stroke Recovery Care through Visiting Angels Augusta



<https://www.visitingangels.com/augusta/respice-care>

Caregiver Support Groups and Forums



Stroke of Hope Augusta



Neuro Restorative Georgia



ASA Online Support Network



Stroke Family Warmline

Connects stroke survivors, their families and caregivers with an American Stroke Association team member who can provide support, helpful information or just a listening ear.



The Free Mental Health Clinic

A medical student run, free mental health clinic through the Medical College of Georgia that provides free care for individuals who are underinsured or uninsured.




National Alliance for Caregiving

Obtaining Cheaper Medications

Here are some links/instructions on how to use some of these prescription saving programs! You can also ask your local pharmacy about special services they offer (medication delivery, convenient presorted medication packs, etc.).

Here is a list of drug assistance programs if you are uninsured or underinsured and need assistance: [Drug Assistance Programs](#)

The logo for GoodRx, featuring the text "GoodRx" in a bold, black, sans-serif font on a yellow rectangular background.

GoodRx

While you can't combine GoodRX with your insurance, these discounts can often be lower than your copay!

The logo for Walmart Pharmacy, featuring the word "Walmart" in blue and "Pharmacy" in a smaller blue font below it, with a yellow sunburst icon to the right.

Walmart \$4 Prescriptions

**Coast2Coast – Augusta
Discount Card**

The logo for CVS pharmacy, featuring a red heart icon to the left of the text "CVS" in a large, bold, red font, with "pharmacy" in a smaller red font below it.

CVS Prescription Saving Club

The logo for Walgreens, featuring a red mortar and pestle icon with a white "W" inside, and the word "Walgreens" in a red, cursive font below it.

**Walgreens Prescription
Saving Club**

The logo for CostPlus Drug Company, featuring a blue square with a white "C" inside, followed by the text "MARK CUBAN" in small blue letters, "CostPlus" in a large blue font, and "DRUG COMPANY" in a smaller blue font below it.

CostPlus Drug Company

Ask your provider about saving on your medication through this program!

Transportation

Ride United Transportation Access Program provides free rides to eligible individuals who need short term transportation for medical appointments, school, work, etc.

For more information: Call 706-826-1495 or visit www.uwcsra.org/rideunitedprogram

Medicaid provides transportation for eligible individuals under the Non-Emergency Medical Transportation program:

<https://medicaid.georgia.gov/programs/all-programs/non-emergency-medical-transportation>

Preventing Another Stroke

According to the Cleveland Clinic, there are about 800,000 ischemic strokes in the US each year, and around ¼th of these occur in patients who have had a stroke in the past. There are numerous risk factors for a recurrent stroke including:

- **High Blood Pressure**

- o Uncontrolled high blood pressure can damage the blood vessels that supply oxygen to the brain. Be sure to monitor your blood pressure and refer to your primary care provider if your blood pressure is consistently elevated.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

- o If you need a blood pressure log template, use this one from the American Heart Association:

[My Blood Pressure Log](#)

The template is also found on the last page of this document.

- **High Cholesterol**

- o Elevated cholesterol can lead to plaque buildup in the arteries which can lessen the blood flow to the brain. You can measure your cholesterol levels by having your provider order a lipid panel. It is ideal to have the low-density lipoprotein (LDL) be less than 70 mg/dL.

See the normal cholesterol levels on the next page:

Preventing Another Stroke

Age	Total cholesterol	Non-HDL cholesterol	LDL cholesterol	HDL cholesterol
19 and younger	Below 170	Below 120	Below 110	Above 45
20 and older	125 to 200	Below 130	Below 100	People assigned male at birth: 40 or higher People assigned female at birth: 50 or higher

- o Click here to learn more: [Cholesterol Numbers and What They Mean](#)
- o A healthy diet and exercise are simple ways you can lower your cholesterol!
Refer to the "Eating Healthier" section to find recipes to try at home!

• Diabetes

- o Elevated blood sugar levels can also damage blood vessels in the brain. Your provider can order a hemoglobin A1C to monitor how well you are managing your blood sugar and diagnose diabetes. It is ideal to have an A1C level less than 6.5.

Normal	Below 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or above

- o Click here to learn more: [Managing your diabetes](#)
- o Refer to the "Eating Healthier" section for recipes and tips on how to lower blood sugar!

• Smoking

- o Smoking causes stress on the body and damages blood vessels in the brain. Quitting is hard, but there are resources here to help you. Click the link below to learn more. You can also ask your provider for nicotine alternatives such as patches and gum to try and help you quit.
- o <https://smokefree.gov/>

Preventing Another Stroke

• Obesity

- o Obesity is linked to other comorbid conditions such as diabetes, heart disease, and elevated blood pressure. While exercise and a healthy diet help to lose weight, it is important to maintain a healthy lifestyle. **Click the link below to learn more!**

o https://www.cdc.gov/healthyweight/losing_weight/index.html

• Cardiac Abnormalities

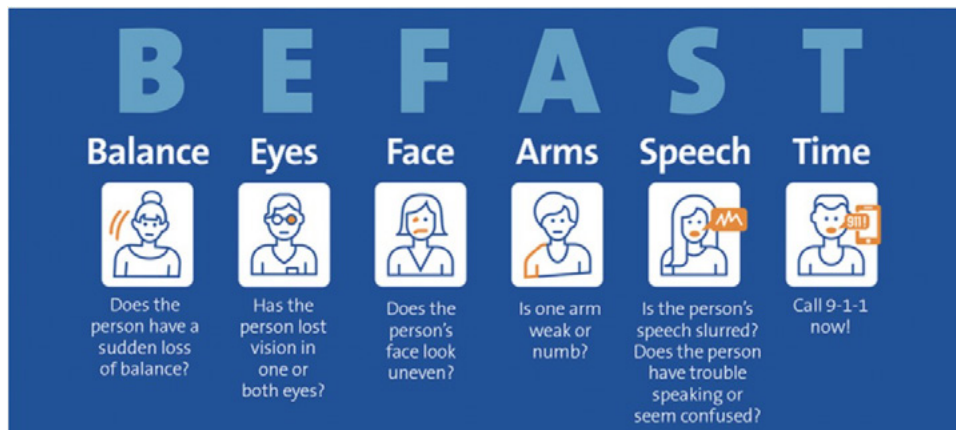
- o Cardiac abnormalities such as atrial fibrillation and patent foramen ovale (PFO) can increase your risk for clots to form in the heart and travel to the brain. Be sure to follow up with a cardiology specialist or primary care physician to monitor your health.

To make an appointment with Cardiovascular AU, **click here!**

<https://www.augustahealth.org/cardio/>

Here is how to recognize another stroke (BEFAST) :

- **B** – Balance: Losing balance or coordination suddenly
- **E** – Eyes: Sudden vision changes such as losing vision or having double vision
- **F** – Face: Droopy facial features
- **A** – Arms: Having an arm or leg be weak suddenly
- **S** – Speech: Slurred and slowed speech
- **T** – Time: Call 9-1-1 now!



Click on the links below to learn more:

Cleveland Clinic: [How to Prevent a Second Stroke](#)

Johns Hopkins Medicine: [3 Ways to Avoid a Second Stroke](#)

DukeHealth: [Know the Signs of a Stroke: BEFAST](#)

American Stroke Association: [Life After Stroke](#)

Eating Healthier

Eating well plays a big role in recovery. Having a healthier diet can help control some of the risk factors of stroke and other comorbid conditions. According to Johns Hopkins, transitioning to a Mediterranean style diet can help to reduce heart disease risk by up to 30%.

Try these tips:

- Build meals around vegetables, beans and whole grains
- Eat fish at least twice a week
- Use olive oil instead of butter in preparing food
- Serve fresh fruit for dessert

Learn more about the Mediterranean Diet here:

➔ [Take Your Diet to the Mediterranean](#)

➔ [Mediterranean Diet for Heart Health](#)

Check out some of these recipe books and websites to learn more and start cooking today!



**Cookbook for
Stroke Survivors**



**Heart and Stroke
Recipes**



**10 Under \$10
Recipes**



**Stroke Assoc. UK
Recipes**



**Goldring Culinary
Medicine**



My Plate



Meals on Wheels



American
Heart
Association.

My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

DATE	AM	PM

DATE	AM	PM