



STROKE PREVENTION

Gather a team

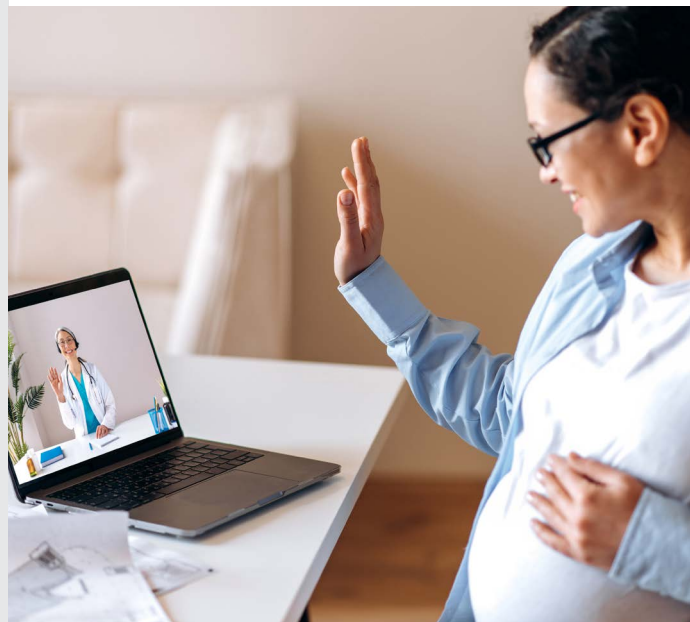
Your health care team may include multiple professionals, including doctors, nurses and physical therapists. Support from family and friends after a pregnancy-related stroke is also helpful. They can assist with child care, perform daily tasks and observe you for any changing physical or behavioral symptoms.

Monitoring mental health after a stroke is essential. In addition to postpartum depression, a woman may face other mental health problems after a pregnancy-related stroke. Discuss any anxiety, fear and depression with your health care professional. Many treatments are available to improve these conditions.

Steps to prevent another stroke

It will be essential to treat any underlying causes, such as heart disease or diabetes, to prevent another stroke. Your health care team may also want you to:

- Learn more about stroke recovery
- Take medications
- Improve lifestyle habits
- Have surgery or other procedures
- Get physical therapy, speech therapy or other rehabilitations



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Now What? Life After a Pregnancy-Related Stroke Diagnosis



What is it?

Having a pregnancy-related stroke affects many parts of your life. Taking steps to recover, improve your health and prevent another stroke will be necessary. Your health care team will recommend the best treatment plan.

A stroke occurs when there is a sudden interruption of blood flow to the brain.

Immediate medical attention is necessary because a stroke can cause permanent brain damage, disability or death. Stroke is the most common cause of serious long-term disability after pregnancy.

Symptoms to monitor during and after pregnancy

Although rare, the rate of pregnancy-related stroke is rising. Pregnancy can stress the heart and blood vessels and increase the risk of stroke. Pregnancy-related stroke symptoms should be taken seriously. Often these come on suddenly and may be mistaken as normal pregnancy symptoms.

The word F.A.S.T. is helpful to spot stroke symptoms and respond quickly:

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911

SPOT A STROKE F.A.S.T.



FACE
Drooping



ARM
Weakness



SPEECH
Difficulty



TIME
to Call 911

Also watch for these sudden changes

- **NUMBNESS** or weakness of face, arm or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

Recovery

Many factors will determine how long it takes to recover from a stroke. It is important to work with a health care team to determine your recovery plan. Treatment will depend on the severity of your stroke and how quickly medical care started.

Medications may be prescribed to target the blood clot and prevent a future stroke. Your health care professional will determine if surgery or other procedures are needed. Physical therapy, speech therapy or other rehabilitation may also be recommended.