

Redfish

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Lifestyle/reduce risk of stroke

Can I do more to reduce my risk of stroke?

As part of your treatment plan, your doctor may also address other stroke risk factors you can control such as high blood pressure, high cholesterol, or diabetes. These, combined with understanding any history of previous strokes or transient ischemic attacks (TIA) will allow your doctor to treat these conditions appropriately, and bring them under control.

There may be additional risk factors for stroke, such as being overweight, physical inactivity or smoking that your doctor may be able to assist you with.

Being diagnosed with atrial fibrillation (AFib) can lead to a number of changes in your lifestyle. [Find out more about how these changes will affect you here.](#)

If you have been diagnosed with AFib, it's important to speak with your doctor frequently and follow their advice about how to help reduce your stroke risk. There are blood thinner medications available that can reduce your risk of stroke, including Coumadin[®] (Warfarin), Pradaxa[®] (dabigatran etexilate), Xarelto[®] (rivaroxaban), Eliquis[®] (apixaban), and Lixiana[®] (edoxaban). Only you and your doctor can determine the treatment plan that is right for you.

PDF generated on 13/12/2018 from <http://www.red-fish.ca/living-with-afib/lifestyle-reduce-risk>