

There may be no return ticket from a stroke.

Stay on track with your levels
and actively decrease your
chance of stroke:

- Alcohol Intake
- Blood Pressure
- Cholesterol

Take your prescribed medicines.

If you suffer from diabetes or cardiovascular disease, you can be **up to five times more** at risk of a stroke or a heart attack.

If you have concerns, please contact your surgery.

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Isle of Wight
Clinical Commissioning Group
Stroke Prevention Project