



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.

*My life
a full life*

www.mylifeafulllife.com

Sponsored by an unrestricted educational grant by
Boehringer Ingelheim and Merck Sharp & Dohme

NHS

Isle of Wight
Clinical Commissioning Group
Stroke Prevention Project