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# Questions for Your Doctor about Stroke

The following questions can help you talk to your doctor about your individual risk of having a stroke. Print out or write down these questions and take them with you to your appointment. Taking notes can help you remember your doctor's response when you get home.

## **QUESTIONS ABOUT YOUR RISK FOR STROKE**

- □ Based on my family history, am I at greater risk for having a stroke?
- □ Based on my personal history, am I at greater risk for having a stroke?
- □ I've heard atrial fibrillation (AFib) is a risk factor for stroke. How do I know if I have that?
- Does diabetes increase my risk of having stroke?
- Do my cholesterol levels put me at risk for a stroke?
- □ Is my weight within a healthy range to prevent a stroke?
- □ Can you help me quit smoking (if you smoke)?
- □ Is my blood pressure within the normal range? Can you help me control high blood pressure?
- □ What dietary choices should I be making to do everything I can to reduce my risk of having a stroke?
- □ What level of exercise is safe for me to reduce my risk of having a stroke or other problems with my cardiovascular health?

## **QUESTIONS ABOUT YOUR DIAGNOSIS OF STROKE**

- □ I've been depressed since I had a stroke. Is that normal?
- □ How soon will I recover from complications, such as problems walking and talking?
- □ What additional tests may I need?
- □ What are my treatment options? What combination of lifestyle, medication, and inhospital treatments/surgery/rehabilitation may be necessary to combat the disease?
- □ What is my prognosis? What are the likely outcomes?
- □ What are the odds that I'll have another stroke?
- □ Can I or will I again be able to enjoy the quality of life I had before the stroke? What can I do to improve the odds of this?
- □ What happens after treatment? If treatment involves recovery, how long will that take?
- □ What follow-up will be necessary?
- □ How long is a particular treatment likely to be effective?
- □ Who can I turn to for support (hospital staff, support groups, etc.)?


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