

## Questions to Ask Your Doctor About Stroke

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The following questions can help you talk to your physician 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 physician's response when you get home.

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

### If You Have Had a Stroke

If you've had a stroke or mini stroke, it's not unusual to feel concerned and want as much information as possible to speed your recovery and reduce your risk for having another stroke in the future. The following questions can lay the groundwork for a discussion between you and your physician.

1. I've been depressed since I had a stroke. Is that normal?
2. How soon will I recover from **complications**, such as problems walking and talking?
3. What additional **tests** may I need?
4. What are my **treatment options**? What combination of lifestyle, medication, and in-hospital treatments/surgery/rehabilitation may be necessary to combat the disease?
5. What is my **prognosis**? What are the likely **outcomes**?
6. What are the odds that I'll have **another stroke**?

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**Questions to Ask Your Doctor About Stroke (continued)**

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7. 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?
8. What happens **after treatment**? If treatment involves recovery, how long will that take?
9. What **follow-up** will be necessary?
10. How long is a particular treatment likely to be effective?
11. Who can I turn to for **support** (hospital staff, support groups, etc.)?