**RX for Stroke Risk Factor Reduction**

Stroke Risk Factors that **cannot** be controlled:

- Age
- Race
- Family History
- Gender
- Previous TIA, Stroke or Heart Attack

Stroke Risk Factors that **can** be controlled:

**Stress**
- Primary Care Behavior Specialist *
  - Roudebush Mental Health
  - 988-XXXX  Rm. D1039

**Poor Diet**
- VA Nutrition Education/ Dietician*
  - Dietician/ Nutrition Education
  - 988-XXXX  Rm. C-7141

**Obesity**
- VA “Move” Weight Loss Program
  - Move Weight Loss Program
    - Kathryn Shanahan  Move Coordinator
    - Call patient response center for Move appt.

**Cholesterol**
- Cholesterol Clinic*  988-2633  C-3004
- Nutrition Education* 988-XXXX  Rm. C-7141

**Substance Abuse**
- SATS Program (Substance Abuse)
  - SATS Program/ Substance Abuse
  - 988-XXXX  Rm. C1183

**Artery & Heart Diseases**
- Warfarin/ Coumadin Clinic*
  - Warfarin/ Coumadin Clinic
  - 988-XXXX  Cold Springs Road Bldg. #41

**Diabetes**
- Diabetes Clinic*
  - Diabetes Education Center*

**Lack of Exercise**
- VA Outpatient Rehab OT/PT/KT
  - OT Outpatient
  - 988-XXXX  Rm D-4030

**Smokers**
- VA Smoking Cessation Class (4 sessions/1per week)
  &
  - 1-800-QUIT-NOW

**Other Resources**
- Patient Response Center (Clinic Appointments)
  - 988-4498 or 1-888-342-7602
- Patient Advocate 988-XXXX

- *Items require MD, NP or PA order