

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 *
or
Roudebush Mental Health
988-XXXX Rm. D1039

Substance Abuse

• SATS Program (Substance Abuse)

SATS Program/ Substance Abuse
988-XXXX Rm. C1183

Poor Diet

• VA Nutrition Education/ Dietician*

Dietician/ Nutrition Education
988-XXXX Rm. C-7141

Artery & Heart Diseases

• Warfarin/ Coumadin Clinic*

Warfarin/ Coumadin Clinic
988-XXXX Cold Springs Road Bldg. #41

Obesity

• VA “Move” Weight Loss Program

Move Weight Loss Program
Kathryn Shanahan Move Coordinator
Call patient response center for Move appt.

Diabetes

• Diabetes Clinic*
• Diabetes Education Center*

Diabetes/Endocrine Clinic
988-XXXX Rm C-3004
Diabetes Education
988-XXXX Rm A-2015
Dietician/ Nutrition Education
988-XXXX Rm C-7141

Cholesterol

• Cholesterol Clinic* 988-2633 C-3004
• Nutrition Education*

Nutrition Education
988-XXXX Rm. C-7141

Lack of Exercise

• VA Outpatient Rehab OT/PT/KT

OT Outpatient
988-XXXX Rm D-4030

PT Outpatient
988-XXXX Rm D-4030

Smokers

• VA Smoking Cessation Class (4 sessions/1per week)
&
• 1-800-QUIT-NOW
VA Smoking Cessation Class
988-XXXX Rm. C-1183

Other Resources

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

High Blood Pressure

• Hypertension Clinic*
• Home B/P Monitor Instruction

Hypertension/ Cholesterol Clinic
988-XXXX Rm. C-3004

*Items require MD, NP or PA order