

## STROKE RELATED PROVINCIAL RESOURCES

[Prevent Stroke](#) is a bilingual website rich with information on stroke prevention. It includes information on the risk factors for stroke, disease conditions and lifestyle factors that impact stroke risk. A search feature for finding local stroke prevention services is available. A brief chart outlining the locations of the regional and district stroke centres, as well as the secondary stroke prevention clinics, is found under the “Our System” tab. It also is where one finds the Prescribing Prevention document described below.

- [Prescribing Prevention Document](#) outlines health promotion strategies for stroke. The risk factors identified include disease conditions, lifestyle and social determinants, etc. It also includes health promotion tools, such as the **Primary Prevention Checklist** and the **Lifestyle Risk Factors** charts which are included in your participant packages. These are located on page 34 (page 32 in hard copy) and page 38 (page 36 in hard copy) respectively.

**The Heart and Stroke Foundation** website has various resources available, including information on healthy lifestyle, risk factors for stroke as well as its signs and symptoms. Other resources include;

- An [online Heart and Stroke Risk Factor Questionnaire](#) is an available tool. Once finished the assessment, your personal risk factors will be identified as will suggestions for reducing your personal risk of stroke. Follow-up on your risk management program will be e-mailed to you at future intervals.
- [Multi-cultural Resources](#) are available for individuals are of South Asian, African, Chinese, Aboriginal, Inuit, and Persian descent. Many resources are available in other languages. All are available in English and French

**The Centre for Effective Practice**, Department of Family and Community Medicine at the University of Toronto, has published a [Secondary Stroke Prevention Manager Tool](#). It can be used for Health Promotion by identifying stroke risk factors, information which can be used in directing stroke prevention strategies. While established for secondary stroke prevention, this can be adapted for primary stroke prevention as well. This link takes one to the online PDF version of this assessment, which is included in the participant package.