

PRIMARY PREVENTION OF STROKE in South Wiltshire FOR PATIENTS IDENTIFIED AS BEING AT HIGH RISK(as defined in CHD guidelines)

HYPERTENSION

Refer to Primary CHD Prevention guidelines.

Key sections are:-

- Aim to control the blood pressure at 140/85 mmHg or less (as per British Hypertension guidelines 2006).
- Advice should be given on life style factors where relevant.
- See more rigorous targets in [type 2 diabetes](#)

CAROTID BRUIT ASYMPTOMATIC

This may be a marker for the presence of macrovascular disease so measure and assess cardiovascular risk factors. Some patients, at high risk of stroke, may occasionally benefit from surgery. Please discuss with Stroke Physician before further investigation.

Arrhythmia: In patients found to have an irregular pulse an ECG should be taken. Patients found to be in atrial fibrillation should be managed according to the guidelines for A/F available on ICID

RAISED CHOLESTEROL

See guidelines for Primary Prevention of CHD in South Wilts. (Developed by joint CHD/Stroke Himp Group)

LIFE STYLE FACTORS

- DIET
- WEIGHT
- SMOKING
- LACK OF EXERCISE
- ALCOHOL

These are **all** important risk factors for stroke. Patients should be given relevant advice and health information on:-

- Weight reduction
- Smoking cessation
- Reduced salt and saturated fat intake. 5 fruit/ vegetables a day.
- Limit alcohol consumption (men<21iu/week : women<14iu/week
- Regular exercise