Secondary Stroke Prevention

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OMS-III

I have no conflicts and nothing to disclose
RISK FACTORS

<table>
<thead>
<tr>
<th>Modifiable:</th>
<th>Non-modifiable:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Hypertension</td>
<td>- Older age</td>
</tr>
<tr>
<td>- Diabetes Mellitus</td>
<td>- African American Race</td>
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<tr>
<td>- Smoking</td>
<td>- Male Gender</td>
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<tr>
<td>- Dyslipidemia</td>
<td>- Except women ages 35-44 and &gt;85 years</td>
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<tr>
<td>- Physical Inactivity</td>
<td>- Family History or Genetic Disorders</td>
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AHA/ASA GOAL FOR SECONDARY STROKE PREVENTION
CONTROL Atherosclerotic AND MODIFIABLE RISK FACTORS

DIET AND LIFESTYLE MODIFICATION

- 2014 AHA/ASA GUIDELINES FOR STROKE PREVENTION RECOMMENDS THAT PATIENTS WITH A PREVIOUS STROKE FOLLOW A MEDITERRANEAN TYPE DIET
- A COCHRANE REVIEW SUGGESTS POOR DIET INCREASES RISK FOR STROKE BY ABOUT 19% [LARKUS, 2016]
- OBESITY IS ASSOCIATED WITH AN INCREASED RISK OF STROKE
- LOW PHYSICAL ACTIVITY INCREASES CARDIOVASCULAR DISEASE AND STROKE RISK
**DIET FOR STROKE PREVENTION**

- Increased Westernized diet in China between 2005 and 2015 correlated to a 26.6% increase in strokes
  - Coronary mortality increased by 215% (Spence, 2018)
- Meta-analysis of 18 observational and 1 RCT
  - Adherence to a Mediterranean style dietary pattern decreased risk of stroke by about 30% (relative risk 0.68)
  - Median follow-up of 4.8 years (Larson, 2017)
- Higher vitamin D levels associated with lower stroke risk (Larson, 2017)

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**DIET FOR STROKE PREVENTION**

- Strong inverse relationship between fruit and vegetable consumption and stroke risk
  - 21% risk reduction for those in the highest quintile of fruit and vegetable consumption (Lakka, 2015)
- High sodium intake increased risk of stroke by 24% (Larson, 2017)
- One serving per day of processed meat increased stroke risk by 15%
  - 10,650 stroke events among 329,495 participants (Larson, 2017)
- Replacing a serving of red meat with one of lean poultry once per week decreased risk by 27% (Larson, 2017)

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**MEDITERRANEAN DIET BASICS**

**INCREASE CONSUMPTION OF:**
- Vegetables
- Fruits
- Nuts
- Whole Grains
- Beans
- Fish
- Poultry
- Olive oil

**DECREASE CONSUMPTION OF:**
- Red Meats
- Butter and Margarine
- Cheese
- Pastries and Sweets
- Fried or Fast Food
MEDITERRANEAN DIET
HEALTH PLATE METHOD

Breakfast
- 2 egg omelet with:
  - 1/4 cup spinach,
  - 1/4 cup tomato diced
  - 1 apple on the side
  - 1 glass of water

Lunch
- 5 oz of chicken:
  - 1/2 cup of quinoa
  - 1 cup of broccoli
  - 1/2 cup carrots
  - 1 cup of strawberries
  - 1 glass of water

Snack
- 1 peach
- 1/4 cup almonds

Dinner
- 3 oz of grilled salmon
- 1/2 cup sweet potato
- Salad with mixed green, sliced almonds, 1/4 cup asparagus
- 1 glass of water

Optional Dinner Items
- 1 oz of dark chocolate
- 1 glass of red wine

REFERENCES