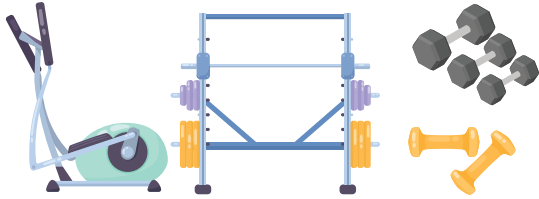


Exercise regularly

- > Moderate exercise helps reduce risk of stroke
- > Obesity has a greater risk of stroke



De-stress

- > Stress may also increase risk of stroke
- > Optimal sleep is important for health



CONTACT US

Operating Hours

Monday to Thursday 8am - 5pm
Friday 8am - 12pm
2pm - 5pm

For any enquires, please contact

Pantai Jerudong Specialist Centre
Jerudong, BG3122, Brunei Darussalam

T +673 261 3333 (ext. 1178)
E enquiries@pjscbrunei.com

www.pjscbrunei.com



PANTAI JERUDONG
SPECIALIST CENTRE



STROKE CARE AT HOME

A guide to compassionate and effective stroke care at home. Recovery is a process. It takes time, patience, and support. Turning challenges into triumphs: your path in post-stroke recovery.

IMPORTANCE OF MEDICAL ADHERENCE

Create a routine

Set a time everyday to take medications e.g. after meals



Set alarm



Setting an alarm can be useful to help remind you to take medication

Use of pillbox

Pillbox with compartments can be a good visual reminder and help prevent double doses



Keep it visible



Avoid keeping medication out of sight, store them at an easy to spot safe place

Family involvement

Family plays a big role in influencing patient's adherence to treatment



Mobile apps



Numerous free mobile apps are available to help keep track of medication



WAYS TO PREVENT STROKE

Get regular checkup

- Leading cause of stroke is high blood pressure
- Check your blood pressure, blood sugar and cholesterol daily



Stop smoking

- Smoking can increase the risk of stroke
- Seek help or join Smoking Cessation Clinic



Healthy diet

- Unhealthy diet can increase risk of stroke due to raise in blood cholesterol and blood pressure

