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## Healthy Living and Risk Reduction after TIA and Stroke

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Deadline for manuscript  
submissions:

**closed (30 September 2023)**

### Message from the Guest Editors

This Special Issue of Healthcare focuses on non-surgical, non-pharmacological, stroke secondary prevention. Following transient ischaemic attack (TIA) or stroke, rates of recurrence are high. The high rate of recurrence of stroke and other cardiovascular events indicates the need for early implementation of effective secondary prevention measures that address modifiable risk factors. International best practice guidelines for stroke secondary prevention, while aetiology-dependent, generally include medication prescription (anti-hypertensive, lipid lowering, anti-platelet/coagulant); high-level evidence supports this recommendation. Conversely, recommendations for lifestyle modifications have lower levels of evidence, largely drawn from primary prevention studies, and as a result, some population-attributable stroke risk factors (e.g., psychosocial stress) are inadequately addressed. Conclusive evidence is lacking on how best to support stroke survivors to engage in risk-reducing behaviours. This issue aims to help to redress the evidence imbalance and promote awareness of this important, under-researched topic.



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# Special Issue