

STROKE

A stroke happens when a blood vessel in the brain bursts or when a clot blocks the flow of blood which carries oxygen to the brain.



- Stroke kills almost 130,000 people in the United States each year.
- American Indians have a greater chance of having a stroke than non-Hispanic whites.

Source of Data: Centers for Disease Control and Prevention and Oklahoma State Department of Health

Warning Signs of Stroke:

- Trouble speaking or hard to understand speech.
- Trouble walking, dizziness, or loss of balance.
- Trouble seeing in one or both eyes.
- Confusion.
- Very bad headache without knowing why.
- Numbness or weakness in the face, leg, or arm, especially on one side of the body.

What To Do When Someone Is Having A Stroke:

Act F.A.S.T! Stroke is an emergency. Every minute counts! If the stroke is recognized and diagnosed within 3 hours after the first symptoms begin, treatments work better.

If you think someone is having a stroke, call 9-1-1 right away.

F-FACE: Ask the person to smile. Does one side of the face droop?

A-Arms: Ask the person to raise both arms. Does one arm drift downward?

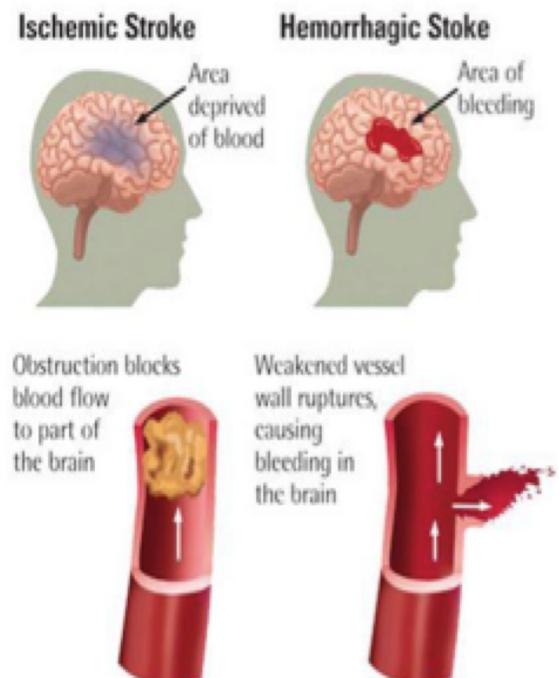
S-Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T-Time: If you see any of these signs, call 9-1-1 right away.

https://www.cdc.gov/stroke/signs_symptoms.htm

Three Main Types of Stroke:

- **Ischemic Stroke:** About 85% of strokes are ischemic strokes. Ischemic strokes occur when a blood clot blocks the flow of blood to the brain.
- **Hemorrhagic Stroke:** An artery in the brain leaks or bursts. The blood that leaks puts pressure on the brain cells and damages them.
- **Transient Ischemic Attack (TIA):** Blood flow to the brain is blocked for a short time - no more than 5 minutes. These are also called a "mini stroke". A third of people who have a TIA usually have another stroke within a year if they do not get treatment.



Source: https://www.cdc.gov/stroke/types_of_stroke.htm

What Can Increase Your Risk for Stroke:

A risk factor is anything that affects your chance of getting a disease. You are born with some risk factors which you cannot change. Other risk factors are caused by lifestyle behaviors and can usually be changed.

Risk Factors You Cannot Change:

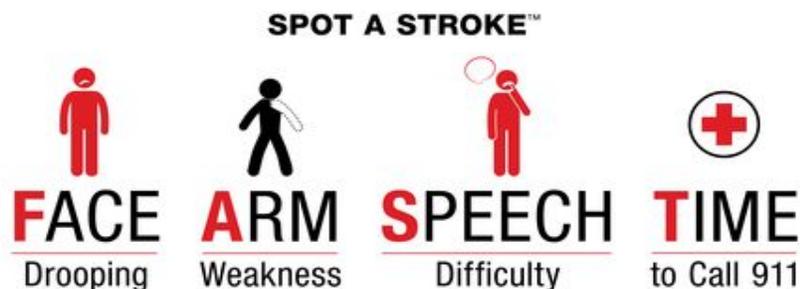
- Personal or Family History: The risk of stroke can be high in some families.
- Age: The older you are, the more likely you are to have a stroke.
- Gender : Stroke is more common among men than women for most age groups. However, women of all ages are more likely to die when they have a stroke than men.
- Race or Ethnicity : American Indians, African Americans, and Hispanics have a greater chance of having a stroke than whites, and Asians.

Source: https://www.cdc.gov/stroke/family_history.htm

What You Can Do To Prevent or Lower Your Risk for Stroke:

- Lose weight or keep a healthy weight.
- Be physically active.
- Stop smoking.
- Limit or do not drink alcohol.
- Eat healthy foods: lots of fruits and vegetables, foods low in salt, saturated fat and cholesterol and high in fiber.
- Check blood pressure often.
- Control your diabetes.
- Check cholesterol as your doctor recommends.
- Take your medicine for heart disease, diabetes, high blood pressure, and high cholesterol. Follow your doctor's instructions for taking medicine.
- Never stop taking your medicine without talking to your doctor or pharmacist.

Source: <https://www.cdc.gov/stroke/prevention.htm>



StrokeAssociation.org

