



# Stroke Facts and Tips

A stroke is a sudden death of brain cells (atrophy) due to a lack of oxygen, caused by blockage of blood flow (ischemia), or a rupture of an artery (hemorrhage). All strokes occur in the brain, but there are different types. When the type of stroke can be quickly identified, it leads to quicker treatment. Patients who arrive in the emergency room within three hours of experiencing the initial symptoms of a stroke often have less disability three months after the stroke than patients who received delayed care.

## Before a Stroke: PREVENTION



Monitor blood  
pressure



Don't smoke



Make healthy  
eating choices

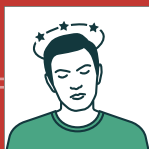


Increase physical  
activity



Get regular  
check-ups

## During a Stroke: B.E.F.A.S.T.\*



**BALANCE**

loss,  
headache  
or dizziness



**EYES**

blurred or  
vision loss



**FACE**

drooping  
on one side



**ARM**

or leg  
weakness



**SPEECH**

difficulty



**TIME**

to call an  
ambulance

**CALL 911 IMMEDIATELY**

Early Intervention is Critical

## After a Stroke: REHABILITATION

- ✓ Find a rehabilitation provider that is focused on independence and outcomes as soon as possible.
- ✓ Work with your medical provider to evaluate risk factors that led to stroke, discuss treatment options and track progress.
- ✓ Get family support—having a loved one who has had a stroke can be hard on family members and caregivers.
- ✓ Counseling can help.

# Stroke Demographics



795,000 new or recurrent strokes annually



34% of all strokes occur in people under the age of 65



Stroke is the leading cause of long-term disability in the US



Stroke is the 5th leading cause of death behind heart disease and cancer



Stroke kills twice as many women as breast cancer does, making stroke the third leading cause of death for women.



Risk of stroke among Black Americans is nearly twice as high as it is for White Americans

## Secondary Stroke Facts



One of the major risk factors for stroke is experiencing a previous one.



Of the 795,000 Americans that experience a stroke each year, one out of every five will have another stroke within five years.



Secondary strokes often have a higher rate of death and disability because parts of the brain already injured by the original stroke may not be as resilient.



Within five years of a stroke, 24 percent of women and 42 percent of men will experience a secondary stroke.

35%

Up to 35% of all people who experience a transient ischemic attack (TIA, or ministroke) will go on to have a stroke.