

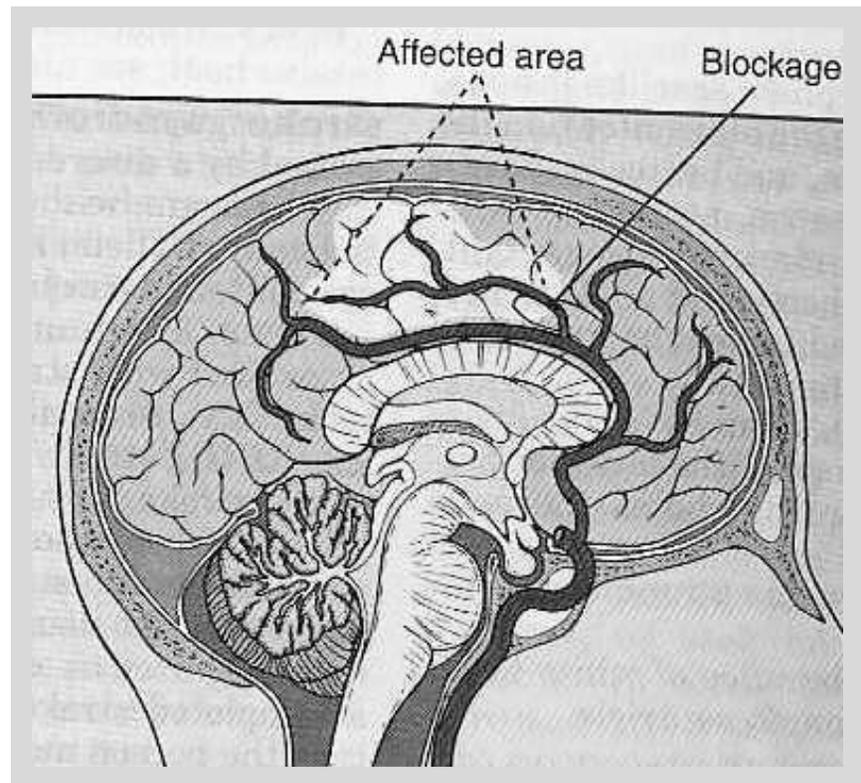
Stroke



Stroke is a Brain Attack

Stroke is a cutting off vital blood and oxygen to the brain cells that control everything you do - from speaking, to walking, to breathing.

Stroke



Stroke is a Brain Attack

Most strokes occur when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. Some strokes can be caused by arteries rupturing when weak spots on the blood vessel wall break.

Stroke is a Brain Attack

Stroke is the third most common cause of death - more common in males and uncommon below the age of 40 years.

Reducing Risks

Everyone has some stroke risk. A few stroke risk factors are beyond your control, such as:

- being over age 55
- being a male
- being an African-American
- having diabetes
- having a family history of stroke.

Medical Stroke Risk Factors

- Previous stroke
- High cholesterol
- High blood pressure
- Heart disease

These medical risk factors can be controlled!

Lifestyle Stroke Risk Factors

- Smoking
- Overweight
- Too much alcohol

You can control these lifestyle risk factors by quitting smoking, exercising regularly, watching what and how much you eat and limiting alcohol consumption.

Stroke Prevention Guidelines

- Know your blood pressure
- If you smoke, STOP
- Drink alcohol in moderation
- Know your cholesterol number
- Exercise daily
- Lower sodium (salt) and fat in diet
- If you have ANY stroke symptoms, seek immediate medical attention.

Recognizing Symptoms

Common stroke symptoms include:

Sudden numbness or weakness of the face, arm or leg especially on one side of the body

Recognizing Symptoms

Common stroke symptoms include:

Sudden confusion, trouble speaking
or understanding

Recognizing Symptoms

Common stroke symptoms include:

Sudden trouble seeing in one or both eyes

Recognizing Symptoms

Common stroke symptoms include:

Sudden trouble walking, dizziness,
loss of balance or coordination

Recognizing Symptoms

Common stroke symptoms include:

Sudden severe headache with no known cause.

Recognizing Symptoms

Common stroke symptoms include:

**CALL 9-1-1 IF YOU SEE OR HAVE
ANY OF THESE SYMPTOMS!**

Recognizing Symptoms

Common stroke symptoms include:

**Treatment can be more effective
if given quickly.**

EVERY MINUTE COUNTS

Changing the Perception Of Stroke

MYTH

**Stroke is
unpreventable**

REALITY

**Stroke is
Largely
preventable**

Changing the Perception Of Stroke

MYTH

**Stroke cannot
be treated**

REALITY

**Stroke
requires
emergency
treatment**

Changing the Perception Of Stroke

MYTH

**Stroke only
strikes the
elderly**

REALITY

**Stroke can
happen to
anyone**

Changing the Perception Of Stroke

MYTH

**Stroke
happens to
the heart**

REALITY

**Stroke is a
"Brain Attack"**

Changing the Perception Of Stroke

MYTH

**Stroke
recovery only
happens for a
few months
following a
stroke**

REALITY

**Stroke
recovery
continues
throughout
life**

Recognizing Symptoms

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Ask 3 Simple Questions

Doctors suggest that a bystanders can recognize a stroke by asking these three questions:

Ask the individual to smile.

Ask him or her to raise both arms

Ask the person to speak a simple sentence

Ask 3 Simple Questions

Ask the individual to smile.

Ask him or her to raise both arms

Ask the person to speak a simple sentence

If the person has trouble with any of these task, call 9-1-1 immediately and describe the symptoms to the dispatcher.

Ask 3 Simple Questions

Ask the individual to smile.

Ask him or her to raise both arms

Ask the person to speak a simple sentence

According to the American Stroke Association use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Rehabilitation Therapy

According to the American Stroke Association:

10% of stroke survivors recover almost completely

Rehabilitation Therapy

According to the American Stroke Association:

25% recover with minor impairments

Rehabilitation Therapy

According to the American Stroke Association:

40% experience moderate to severe impairments that require special care

Rehabilitation Therapy

According to the American Stroke Association:

**10% require care in a nursing home
or other long-term facility**

Rehabilitation Therapy

According to the American Stroke Association:

15% die shortly after the stroke

Rehabilitation Therapy

According to the American Stroke Association:

14% of stroke survivors experience a second stroke in the first year following a stroke

Successful Rehabilitation Depends on:

**Amount of damage
to the brain**

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**Skill on the part of
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**Cooperation of family and friends. Caring
family/friends can be one of the most
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**The earlier rehabilitation begins the
better for the survivor**