

# STROKE

## GET THE FACTS

### 2 Types of stroke:

- **Ischemic stroke**  
Occurs when a blood vessel becomes blocked and that part of the brain dies.



- **Hemorrhagic stroke**  
Occurs when a blood vessel breaks and blood fills and damages that part of the brain.



## What is a Stroke?

a **stroke** is a disturbance in the blood vessels leading to or within the brain.

These blood vessels feed the brain with oxygen and nutrients.

a **TIA, Transient Ischemic Attack** is just as serious as a stroke and **Occurs when a blood vessel becomes blocked but is temporary lasting a few minutes**

## Did You Know?

On Average in the U.S., a stroke occurs every **40 seconds**



and every **4 minutes** someone dies of stroke

## Did You Know?

**1/2** Half of all strokes in the U.S. can be attributed to high blood pressure



## Did You Know?

**1/4** One fourth of all strokes in the U.S. occur in people who have already had one



## Did You Know?

Strokes are the **4th** leading cause of death in the U.S. and the **#1** leading cause of disability



## Did You Know?

In 2010 strokes cost the U.S. **73.7 BILLION DOLLARS**



## MAJOR CAUSES & RISK FACTORS OF STROKE

- High blood pressure
- Smoking
- Diabetes
- High cholesterol
- Atherosclerosis
- Heart rhythm problems

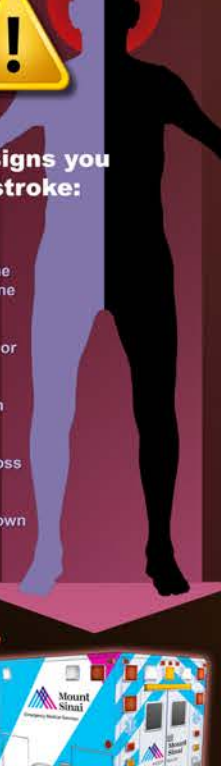


## WARNINGS & SYMPTOMS OF A STROKE



These are some signs you may be having a stroke:

- Numbness or weakness of the face, arm or leg, especially one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause



If You experience these signs or see someone else with these problems, **Call 911 immediately**



## AFTER A STROKE

Can anything be done to treat a STROKE?

**YES.** A brain saving medication called tissue plasminogen activator (tPA) can reduce disability after a stroke, but it can only be given within 3 hours of the start of symptoms. So do not delay if you suspect a stroke, and note the time that symptoms started.

Most people recover to some degree in the few months after a stroke. The amount of recovery varies by person and depends on factors such as size of stroke and a person's age.

