



THE SCOOP ON STROKE



WHAT IS STROKE?

Stroke is a disease that affects the arteries leading to and within the brain. It occurs when these blood vessels carrying blood and oxygen to the brain get blocked, preventing brain cells from getting the blood they need to work properly. The nerve cells die within minutes, affecting the part of the body they control, as well.



EVERY
40 SECONDS
SOMEONE IN THE
U.S. HAS A STROKE!



IT IS THE
2ND LEADING
CAUSE OF DEATH
WORLDWIDE.



STROKE KILLS
about **130,000**
AMERICANS/YEAR
MOST OF WHOM ARE WOMEN.



80% OF STROKES
ARE PREVENTABLE.



31% OF
STROKE VICTIMS
ARE **UNDER 65**
YEARS OLD

TYPES OF STROKE



ISCHEMIC
WHEN ARTERIES
ARE BLOCKED
BY BLOOD
CLOTS



HEMORRHAGIC
WHEN BLOOD
VESSELS IN THE
BRAIN BREAK
AND LEAK

PROTECT YOURSELF AGAINST STROKE

Control Your Diabetes



Exercise Regularly



Maintain a Low Blood Pressure



Control A-Fib



Maintain
a Healthy
Lifestyle

Limit Alcohol Consumption



Quit Smoking



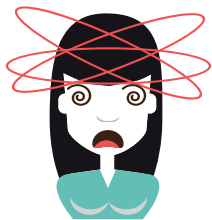
Eat a Balanced Diet & Maintain
a Healthy Weight



Seek Treatment for Sleep Apnea



LEARN HOW TO DETECT STROKE – B.E.F.A.S.T.



BALANCE

Does the person have a sudden loss of balance?



EYE

Has the person lost vision in one or both eyes?



FACE

Does the person's face look uneven?



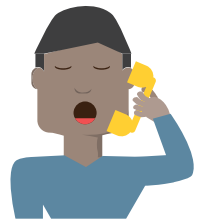
ARM

Is one arm hanging down?



SPEECH

Is the person's speech slurred? Does he/she have trouble speaking or seem confused?



TIME

Call 911.

Call 911 IF YOU SEE SOMEONE EXHIBIT ANY OF THESE SYMPTOMS