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
Limit Alcohol Consumption
Quit Smoking
Eat a Balanced Diet & Maintain a Healthy Weight
Seek Treatment for Sleep Apnea

Maintain a Healthy Lifestyle

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