

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
LEADING
CAUSE OF DEATH
WORLDWIDE.



STROKE KILLS
about **140,000**
AMERICANS/YEAR
MOST OF WHOM ARE WOMEN.

80% OF STROKES
ARE PREVENTABLE.



38% OF
STROKE VICTIMS
ARE **UNDER 65**
YEARS OLD.



TYPES OF STROKE



ISCHEMIC
WHEN A BLOOD
CLOT BLOCKS
FLOW TO THE
BRAIN



HEMORRHAGIC
WHEN BLOOD
VESSELS IN THE
BRAIN BURST
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



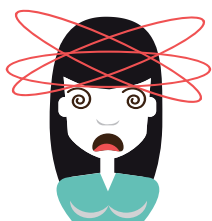
Eat a Balanced Diet & Maintain
a Healthy Weight



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?



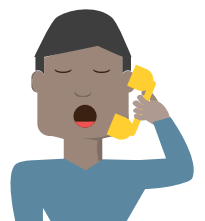
ARM

Is one arm
hanging
down?



SPEECH

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



TIME

In hospital?
Call **1555**.
Outside
hospital?
Call **911**.

Call 911 IF YOU SEE SOMEONE EXHIBIT ANY OF THESE SYMPTOMS!