



# STROKE AWARENESS

A stroke, sometimes referred to as a brain attack, occurs when the blood supply to the brain is blocked by a clot or tear in a blood vessel.

In the United States, about **795,000 people** suffer a stroke each year. Someone has a stroke **every 40 seconds**, and every 4 minutes someone dies from stroke. There are more than 140,000 deaths each year from stroke. Statistics show that about 40% of stroke deaths occur in males and 60% in females.

Stroke is also the leading cause of serious long-term disability in the United States. There are over 7 million stroke survivors live in United States and two-thirds of them are currently disabled. Around 25% of people who recover their first stroke will have another within 5 years.

There are many risk factors for stroke, the front runner being high blood pressure. Below are other factors that put you at risk:

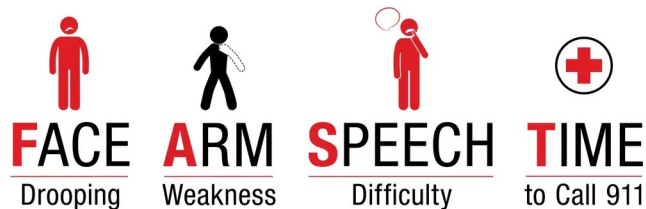
- High Blood Pressure
- Obesity
- High Cholesterol Levels
- Narrowed Arteries
- Diabetes
- Arrhythmia or AFIB
- Previous Stroke
- Over the Age of 65
- Family History of Stroke

There are also risk factors that come about from lifestyle choices, such as:

- Lack of Exercise
- Poor Diet
- Smoking
- Consuming More Than 2 Alcoholic Drinks per Day

Having 3 or more of these risk factors multiplies your risk for stroke. Please talk to your healthcare provider if you have or notice them.

## SPOT A STROKE™



In addition to watching for stroke warning signs, here are some steps you can take to understand and minimize your stroke risk factors that can be controlled.

- **Work closely with your healthcare professional.** to control high blood pressure, high cholesterol, atrial fibrillation and diabetes. Your doctor may recommend different medications or procedures to help prevent another stroke.
- **If any medication** is prescribed, you will need to take them exactly as directed and watch for any side effects that may occur.
- **If you smoke** cigarettes, stop smoking. The risk of ischemic stroke in current smokers is double that of nonsmokers.
- **Consume alcohol sensibly.** Regular heavy drinking can raise blood pressure.
- **Eat a healthy diet.** This includes decreasing or eliminating your intake of saturated and trans fats, lowering sodium intake to about 2000mg daily, and eating more fruits and vegetables. Most processed and fast foods should be avoided.
- **Exercise regularly.** Exercise has many beneficial effects on our heart and blood vessels. It strengthens the heart muscle, increases oxygen intake, keeps blood flowing smoothly, lowers blood pressure and helps maintain a healthy weight
- **Take time to enjoy** life and lower stress levels. Although a certain amount of stress is unavoidable, studies suggest that stress contributes to high blood pressure. By managing stress with exercise, relaxation techniques and counseling, if needed, stroke risk may be reduced.

More than half of all strokes are caused by uncontrolled hypertension, making it the most important risk factor to control.

For more information and prevention tips, go to <https://www.strokeinfo.org/reducing-stroke-risk/>.