

## **Impact of Stroke:**

- In the US, **800,000** people experience stroke each year, every **four minutes** someone dies of stroke.
- Stroke is among the leading causes of death and long-term, severe disability in the United States.
- Black Americans are nearly twice as likely to experience stroke for the first time compared to White Americans. \*

## **Terminology**

**Stroke:** A condition where part of the brain is not able get the blood that it needs

**Cardiovascular Disease** or **Heart Disease** refers to any disease or condition that affects the heart or the blood vessels.

**Cerebrovascular Disease** is the medical term for **stroke** which is a reference to a problem with the brain's blood vessels.

There are two types of strokes:

**Ischemic (iskiimik):** A blood clot in the brain's blood vessel disrupts the supply of blood to parts of the brain. 87% of all incidences of stroke are ischemic.

**Hemorrhagic (Hemoraajik):** A blood vessel in the brain bursts and disrupts the supply of blood to parts of the brain.

## **What does stroke do to a person?**

- Stroke can affect a person's ability to walk or move, to speak, to see, and to remember. It's important to get someone experiencing medical help right away to prevent further damage to the brain. Stroke can lead to death.

**Risk Factors** for stroke are much like the risk factors for heart disease as both are related to a problem with the blood vessels. Here are the major risk factors for stroke:

- High blood pressure
- High cholesterol
- Diabetes

- Tobacco Use
- Age
- Excessive Alcohol consumption
- Physical Inactivity
- Overweight

Many of the risk factors are interconnected. Managing your high blood pressure, your blood glucose and cholesterol levels can help reduce your risk for stroke and heart disease. Here are some ways you can do that:

- Regularly checking your blood glucose and blood pressure levels is one step to managing diabetes and high blood pressure.
- Another important step is to take medications as directed by your health care provider.
- Eat a diet high in a variety of fruits and vegetables, including leafy greens, citrus fruits. Choose a diet high in whole foods and low in process foods. Diet high in processed foods tend to be low in water, fiber, vitamin and minerals and high in calories, sodium, sugar and saturated fat
- Increase physical activity to include: at least 150 minutes of moderate-**intensity** aerobic physical activity throughout the week or do at least 75 minutes of vigorous-**intensity** aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-**intensity** activity
- If you smoke, quitting smoking can help reduce your risk for stroke.

There are risk factors that may be out of your control such as: age, family history and/or ethnicity. However, these risk factors are sometimes also connected to lifestyle factors. For instance:

- \*African-Americans tend to have higher incidences of stroke. However, this might be connected to higher rates of uncontrolled high blood pressure.

**Note:** Some people have co-occurring health conditions that may impact physical activity and diet. For example, high potassium diet can be beneficial for persons with high blood pressure and harmful to dialysis patients.

**Please always consult with your health care provider to develop a plan best suited for your needs.**

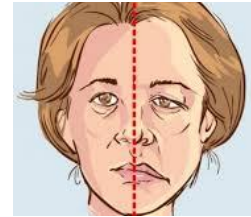
For more information: Consult with your primary care provider; [cdc.gov](http://cdc.gov) has extensive material on stroke, heart disease and other chronic diseases. Information specific to stroke can be found on [stroke.org](http://stroke.org) and [strokeassociation.org](http://strokeassociation.org). This document is a compilation of information from those sites (particularly CDC).

Stroke is a medical emergency. It's important to recognize the signs of stroke and act fast by calling 911.

If you notice you or someone is experiencing symptoms of stroke.

Think **FAST!** Call **911!**

**F**ace- check for signs of uneven smile

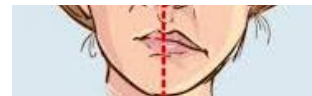


**A**rm- check for weakness of arm.

Can you lift both arms?



**S**peech- check for slurred speech



**T**ime- Call 911 right away!

