NATIONAL STROKE ASSOCIATION®
HOPE AFTER STROKE

National Stroke Awareness Month

EXPLAINING STROKE 101

www.stroke.org

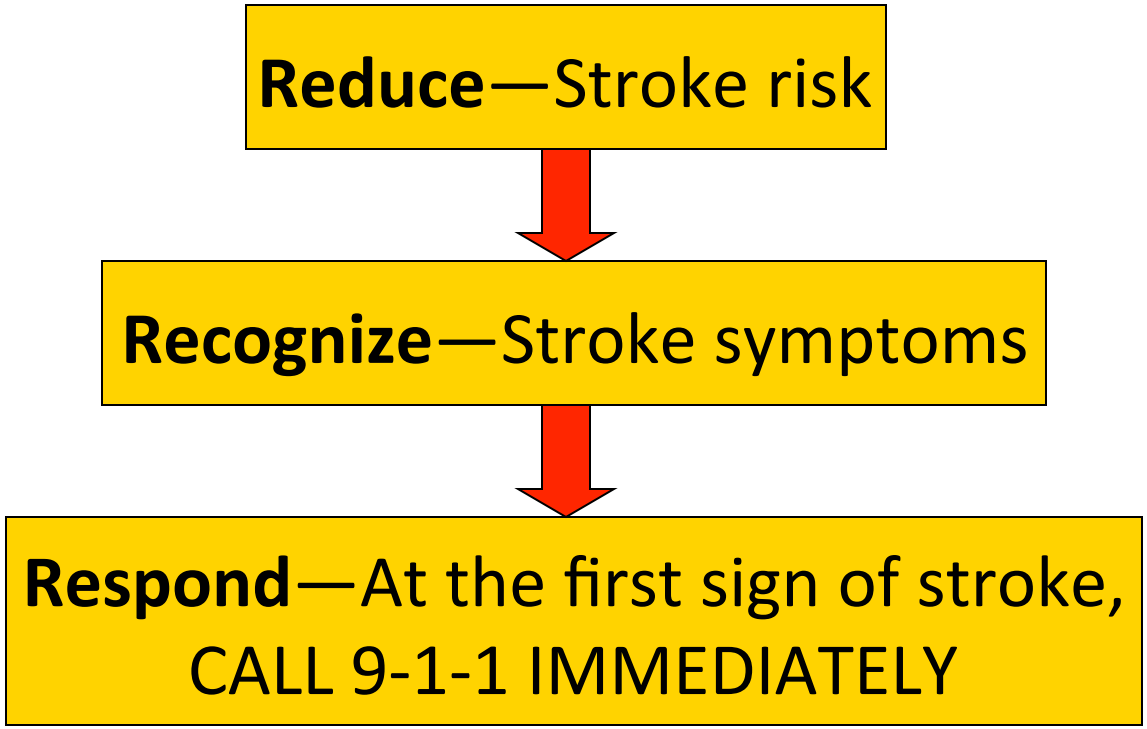
May is National Stroke Awareness Month

Partner with National Stroke Association and help us spread awareness about stroke in May:

- **ADVOCATE –** Influence public policy and legislation on stroke survivor issues.
- **EDUCATE –** Spread the word about stroke awareness.
- **PARTICIPATE –** Get involved and make a difference in the world of stroke.

National Stroke Awareness Month

Be Stroke Smart



Stroke by the Numbers

- Stroke is the fifth leading cause of death in the United States.
- Each year nearly 800,000 people experience a new or recurrent stroke.
- Nearly 130,000 deaths each year (every four minutes someone dies from stroke).
- There are approximately 7 million stroke survivors.

Stroke by the Numbers

- A stroke happens every 40 seconds.
- Every 4 minutes someone dies from a stroke.
- Stroke is a leading cause of adult disability.
- Up to 80% of all strokes are preventable through risk factor management.

Women and Stroke

- Stroke kills more than twice as many American women every year as breast cancer.
- More women than men die from stroke and risk is higher for women due to higher life expectancy.
- Women suffer greater disability after stroke than men.
- Women ages 45 to 54 are experiencing an increase in stroke, due to more risk factors and lack of prevention.

African-Americans and Stroke

- Incidence is nearly double that of Caucasians.
- African Americans suffer more extensive physical impairments.
- Twice as likely to die from stroke than Caucasians.
- High incidence of risk factors for stroke
  - Includes hypertension, diabetes, obesity, smoking and sickle cell anemia

Hispanics and Stroke

- Higher incidence among Mexican Americans than Caucasians.
- Mexican Americans are at increased risk for all types of stroke and TIA at younger ages than Caucasians.
- Spanish-speaking Hispanics are less likely to know stroke symptoms than English-speaking Hispanics, African Americans and Caucasians.

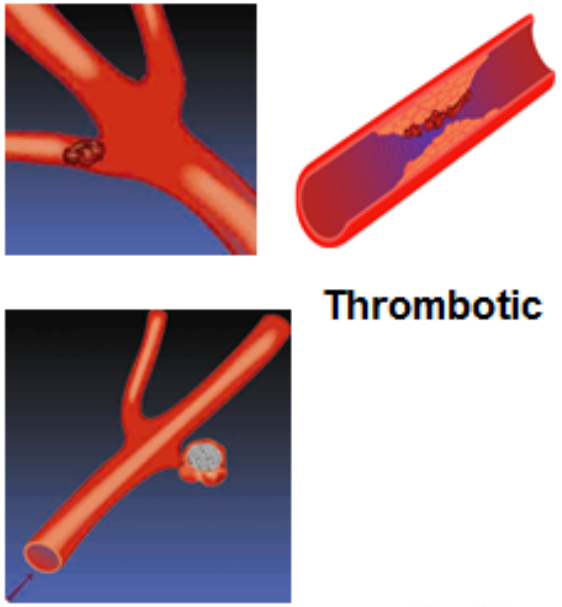
Well-known People Who Have Had a Stroke

- President Gerald Ford
- Teddy Bruschi
- Sharon Stone
- Della Reese
- Kirk Douglas
- Rue McClanahan
- Johann Sebastian Bach
- Mary Kay Ash
- Charles Schultz
- Harry Caray
- Charles Dickens
- Frankie Muniz
- Randy Travis
- Al Capone

Definition of Stroke

- Sudden brain damage
- Lack of blood flow to the brain caused by a clot or rupture of a blood vessel

Ischemic = Clot
(makes up approximately 87 percent of all strokes)
Hemorrhagic = Bleed
- Bleeding around brain
- Bleeding into brain



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Stroke Symptoms

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness or loss of balance.
- Sudden severe headache with no known cause.

Stroke Strikes FAST

Use FAST to remember warning signs of stroke:

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call **9-1-1 immediately.**

Transient Ischemic Attack (TIA)

- Transient ischemic attack (TIA) is a warning sign of a future stroke – up to 40% of TIA patients will have a future stroke.
- Symptoms of TIAs are the same as stroke.
- TIA symptoms can resolve within minutes or hours.
- It is important to seek immediate medical attention if you suspect that you are having or have had a TIA.

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Stroke Facts

MYTH: Stroke cannot be prevented.	**FACT:** Up to 80 percent of strokes are preventable.
MYTH: There is no treatment for stroke.	**FACT:** At any sign of stroke call 9-1-1- immediately. Treatment may be available.
MYTH: Stroke only affects the elderly.	**FACT:** Stroke can happen to anyone at any time.
MYTH: Stroke happens in the heart.	**FACT:** Stroke is a "brain attack".
MYTH: Stroke recovery only happens for the first few months after a stroke.	**FACT:** Stroke recovery is a lifelong process.
MYTH: Strokes are rare.	**FACT:** There are nearly 7 million stroke survivors in the U.S. Stroke is the 5th leading cause of death in the U.S.
MYTH: Strokes are not hereditary.	**FACT:** Family history of stroke increases your chance for stroke.
MYTH: If stroke symptoms go away, you don't have to see a doctor.	**FACT:** Temporary stroke symptoms are called transient ischemic attacks (TIA). They are warning signs prior to actual stroke and need to be taken seriously.

The Cost of Stroke

- In 2012 the total stroke related cost in the U.S. was estimated to be $105 billion, and is projected to hit $240 billion by 2030.

- In 2012 the mean out-of-pocket expense per person for stroke care in the U.S. was close to $5,000.

Prevention Guidelines

- Know your blood pressure.
  Have it checked at least annually.
  If it is elevated, work with your healthcare professional to control it.

- Find out if you have atrial fibrillation (AFib) – a type of irregular heartbeat.
  If you have it, work with your healthcare professional to manage it.

Prevention Guidelines

- If you smoke, stop.

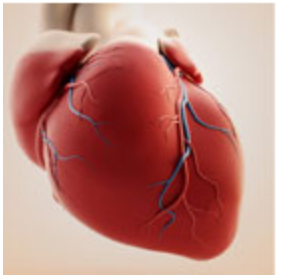
- If you drink alcohol, do so in moderation.

- Know your cholesterol numbers.
  If it is high, work with your doctor
  to control it.

- If you are diabetic, follow your doctor's recommendations carefully.

Prevention Guidelines

- Include exercise in your daily routine.
- Enjoy a lower sodium (salt) and lower fat diet.
- If you have circulation problems, work with your healthcare professional to improve your circulation.



Stroke Awareness

Stroke is an EMERGENCY!

- Know the signs of stroke
- Time is critical – call 9-1-1 immediately

People Don't Always Respond to Symptoms

- Don't recognize symptoms
- Denial
- Think nothing can be done
- Worry about cost
- Think symptoms will go away
- Fear or don't trust hospitals

Acute Stroke Treatment

- **Ischemic stroke** (brain clot)
  - Clot busting medication: Alteplase IV r-tPA (tissue plasminogen activator)
  - Surgical and endovascular techniques that remove clots
- **Hemorrhagic stroke** (brain bleed)
  - Clipping
  - Coiling

Stroke Recovery

- 10% of stroke survivors recover almost completely.
- 25% recover with minor impairments.
- 40% experience moderate to severe impairments requiring special care.
- 10% require care within either a skilled-care or other long-term care facility.
- 15% die shortly after the stroke.

Post-Stroke Rehabilitation

- Physical therapy (PT)
  - Walking, range of movement
- Occupational therapy (OT)
  - Taking care of one's self
- Speech language therapy
  - Communication skills, swallowing, cognition
- Recreational therapy
  - Cooking, gardening

Lifestyle Changes for Survivors and Caregivers

- Daily living skills
- Dressing and grooming
- Diet, nutrition and eating difficulties
- Skin care problems
- Pain
- Sexuality/Intimacy
- Behavior
- Communication Problems
- Depression & Anger
- Emotional Liability
- One-sided Neglect
- Memory Loss

Types of Recovery Services

- Rehabilitation unit in the hospital
- In-patient rehabilitation facility
- Home-bound therapy
- Home with outpatient therapy
- Long-term care facility
- Community-based programs

National Stroke Association

What we do…

- Aim to reduce the incidence and impact of stroke.
- Advocate for prevention and public education.
- Provide professional education and training.
- Provide recovery resources for stroke survivors and caregivers.

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Learn more at stroke.org