



# Treating Stroke



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### A stroke is an emergency!<sup>1,2</sup>

Every 3 minutes and 14 seconds, someone dies of a stroke in the United States, yet 1 in 3 stroke patients never call 9-1-1.

Calling 9-1-1 at the first sign of a stroke can be lifesaving.

### Acting **F.A.S.T.** is key for stroke

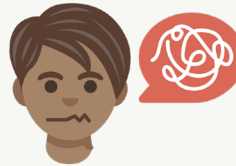
If you think someone may be having a stroke, do the following:<sup>3</sup>



**F**ACE: Ask the person to smile. Does one side of their face droop?



**A** RMS: Ask the person to raise both arms. Does one arm drift downward?



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



**T** I ME: If you see any of these signs, call 9-1-1 right away.

### What are the treatments when a stroke occurs?<sup>2</sup>

To reduce injury to your brain and body, you must get treatment right away.

Treatment begins as soon as emergency medical services (EMS) arrives at your door. Once at the hospital, you may receive emergency treatment, treatment to prevent additional strokes, and/or rehabilitation.



#### If you've had a stroke caused by a clot:

You may be given medicine to break up the clot and improve blood flow to the brain. In order to work, this medicine must be given within 3 hours of the first signs of a stroke.

Patients who receive this medicine in time are more likely to recover fully or have less disability.



#### If you've had a stroke caused by a bleeding:

You may need surgery to stop the bleeding, remove a clot, or to repair a weakened blood vessel.



## How can a stroke affect you?

Even after treatment, a stroke can impact how you think, feel, act, move, and speak. Lasting effects may include:<sup>2</sup>



Paralysis and/or weakness on one side of the body



Numbness, pain, or strange sensations



Trouble speaking and understanding others



Problems with thinking, memory, and judgement



Trouble chewing or swallowing



Problems with bladder and bowel control



Depression or trouble controlling or expressing emotion

### Recovery and Rehabilitation

Recovery time can take weeks, months, or even years. Rehabilitation (rehab) may include working with speech, physical, and occupational therapists. Rehab can help you:<sup>2</sup>

Relearn movement and coordination skills you may have lost

Work on any problems with speaking or understanding speech

Regain your independence by improving your ability to take on your daily activities

If needed, you may also get therapy and medicine for depression and other mental health conditions to help you adjust to life after a stroke.

## Reducing the Risk of Another Stroke

After a stroke, you are at greater risk of having another one. One in 4 stroke survivors has another stroke within 5 years. These steps may help reduce your risk:<sup>2,4</sup>



Treating conditions that may have caused your stroke—heart disease, high blood pressure, high cholesterol, atrial fibrillation (irregular heartbeat), diabetes



If needed, taking medicines to help keep blood clots from forming



Lifestyle changes—eating right, being active, quitting smoking

Take an active role in your health and recovery. Work closely with your doctor and other health care professionals and always take medicines as prescribed.

### References:

1. Centers for Disease Control and Prevention. Stroke facts. Reviewed May 4, 2023. Accessed May 15, 2023. <https://www.cdc.gov/stroke/facts.htm>
2. Centers for Disease Control and Prevention. Treat and recover from stroke. Reviewed May 4, 2023. Accessed May 15, 2023. <https://www.cdc.gov/stroke/treatments.htm>
3. Centers for Disease Control and Prevention. Vital Signs. Preventing stroke deaths. Published September 6, 2017. Accessed May 15, 2023. <https://www.cdc.gov/vitalsigns/stroke>
4. Centers for Disease Control and Prevention. Prevent stroke: what you can do. Reviewed April 5, 2022. Accessed May 16, 2023. <https://www.cdc.gov/stroke/prevention.htm>