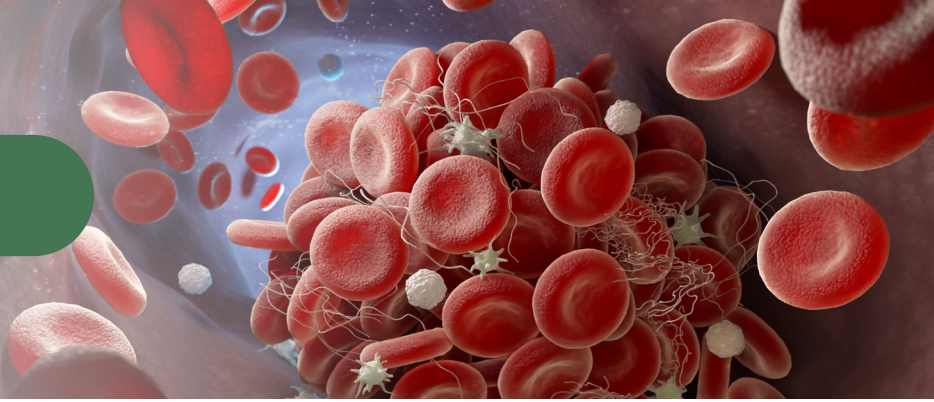




About Stroke



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A stroke occurs when a blood vessel in the brain is either blocked by a clot or bursts. In minutes, brain cells begin to die. This can cause lasting brain damage, disability or even death. Think of a stroke as a “brain attack,” and just like a heart attack, it needs immediate medical attention.¹

Stroke is the fifth leading cause of death in the United States and a major cause of serious disability. Every 40 seconds someone in the United States has a stroke.²

Types of Stroke^{1,3}



Ischemic strokes

Ischemic strokes occur when a blood clot or a fatty deposit blocks a blood vessel in your brain, keeping it from getting the blood and oxygen needed to function. Ischemic stroke is the most common type of stroke.



Hemorrhagic strokes

Hemorrhagic strokes are less common but can happen when a weakened blood vessel in your brain bursts or leaks blood. The blood builds up and puts pressure on the brain and causes damage.



A TIA (transient ischemic attack)

Sometimes called a “mini stroke,” a TIA is a temporary cut-off of blood flow to the brain, often caused by a blood clot. Symptoms of a TIA usually last only a few minutes. But a TIA is still a medical emergency and a warning sign that a major stroke may occur.

Paying attention to a stroke or TIA can save your life or someone else’s!

Acting quickly may prevent or reduce brain damage and lifelong disability.

What are the signs of a stroke?

The signs of a stroke come on suddenly and can include:³

- Numbness or weakness in the face, arm, or leg—especially on one side of the body
- Trouble speaking, difficulty understanding speech, or confusion
- Trouble seeing in one or both eyes
- Dizziness, trouble walking or loss of coordination or balance
- Severe headache with no known cause

People who are having a stroke may not realize what is happening to them or may choose to ignore the signs.

If you think that you or someone you know is having a stroke or TIA, do not delay. Dial 9-1-1 right away!



Who's at greater risk for a stroke?*

- Older adults—the chance of having a stroke doubles every 10 years after age 55
- People with non-Hispanic Black or Pacific Islander backgrounds
- People with a parent, grandparent, or sibling who has had a stroke
- People who have had a previous stroke, TIA, or heart attack
- People who are overweight, obese, or inactive
- People with atrial fibrillation or AFib (irregular heartbeat)—this puts a person at a 5-fold increased risk for stroke
- People with high blood pressure, high cholesterol, diabetes, coronary artery disease (CAD), or sickle cell disease
- Smokers and heavy alcohol users

*Strokes can happen in anyone regardless of age, race, or sex

How can you reduce your risk of stroke?

Up to 80% of strokes are preventable! Here are some things you can do:

- Limit alcohol use
- Don't smoke
- Eat a healthy diet
- Maintain a healthy weight
- Be physically active
- Get proper prenatal care during pregnancy

Work with your doctor to prevent or manage health conditions that raise your risk of stroke such as:

- Diabetes
- High blood pressure
- High cholesterol
- Coronary artery disease (CAD)
- Atrial fibrillation
- Sickle cell disease



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