

911 + EARLY INTERVENTION = BEST SOLUTION FOR STROKE



FACT: Every 45 seconds, someone in America has a stroke.

FACT: Every 3 minutes, someone dies of one.

FACT: About 700,000 Americans will have a stroke this year.

FACT: Stroke is our nation's No. 3 killer and a leading cause of severe, long-term disability.

COMMON WARNING SIGNS:

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

WHAT TO DO WHEN WARNING SIGNS ARE PRESENT:

- ***CALL 911 IMMEDIATELY IF ANY OF THESE SIGNS OCCUR.***
- Receiving treatment within three hours can greatly reduce the risk of permanent damage.
- Warning signs may be temporary, lasting from a few minutes to 24 hours. Even if they only last a short time, they may indicate stroke so treat them very seriously.

WHAT ARE THE EFFECTS OF STROKE?

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow cannot reach the region of the brain that controls a particular body function, that part of the body will not work, as it should. The effects of a stroke depend primarily on the location of the obstruction and the extent of brain tissue affected.

Right Brain: If the stroke occurs in the right side of the brain, the left side of the body (and the right side of the face) will be affected, which could produce any or all of the following: *Paralysis on the left side of the body, vision problems, quick, inquisitive behavioral style or memory loss*

Left Brain: If the stroke occurs in the left side of the brain, the right side of the body (and the left side of the face) will be affected, producing some or all of the following: *Paralysis on the right side of the body, Speech/language problems, slow, cautious behavioral style, memory loss*



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FACTORS THAT INCREASE YOUR RISK FOR STROKE:

You can control the following:

- **HIGH BLOOD PRESSURE** -- (140/90 mm Hg or higher) **This is the most important risk factor for stroke.
- **TOBACCO USE**- The nicotine and carbon monoxide in tobacco smoke reduce the amount of oxygen in your blood thus leading to an increased risk for a stroke.
- **DIABETES**- This condition is defined as having a blood sugar of 126 mg/dL (when measured on two separate occasions).
- **HEART DISEASE**- People with coronary heart disease or heart failure have a higher risk of stroke than those with hearts that work normally.
- **PHYSICAL INACTIVITY AND OBESITY**- Being inactive, obese or both can increase your risk for elevated blood pressure, blood cholesterol, diabetes and stroke.
- **HIGH CHOLESTEROL**- An elevation of blood cholesterol can lead to a major risk for heart disease, which raises your risk of a stroke.
- **CAROTID OR PERIPHERAL ARTERY DISEASE**- As arteries in your neck and blood vessels in your arms and legs narrow and restrict blood flow because of a fatty build-up, your risk for stroke increases.
- **ATRIAL FIBRILLATION**- This heart rhythm disorder raises the risk for stroke.

Risk factors that you cannot change:

- **INCREASING AGE**- People ages 55 or older have an increased risk for stroke.
- **GENDER**- Stroke is more common in men than women.
- **HEREDITY (FAMILY HISTORY) AND RACE**- If a parent, grandparent or sibling has had a stroke, your risk increases. Also, African Americans are at a higher risk for a stroke.
- **PREVIOUS STROKE OR HEART ATTACK**- Someone who has had a stroke or heart attack is at an increased risk of having another stroke.

