

Preventing Stroke

American Stroke Association



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Stroke Facts



Stroke is a
“brain attack.”



Although stroke is
**more common
after age 55,**
it can also happen
at any age and at
any time.



**Leading cause of
adult disability:**

- Some people who have a stroke will make a full recovery.
- But more than 2/3s of survivors will have some type of disability.



**Every 40
seconds,**
someone in
the U.S. has
a stroke.



**Two million
brain cells**
die every
minute during
a stroke.



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How Common is Stroke?

Stroke has a large impact on society, with **more than 9 million** stroke survivors in the U.S.

Every year, about **800,000 people** in the U.S. have a stroke, with about **185,000** being recurrent strokes.

Stroke is the **5th leading** cause of death in the U.S.
(3^d leading cause of death in women)

About **55,000 more** women than men have a stroke each year.

Black people are **twice as likely** as white people to have a first-time stroke.

Treatment may **reduce the effects of stroke** if administered soon after the onset of symptoms.

Up to 80% of strokes may be prevented with lifestyle changes.



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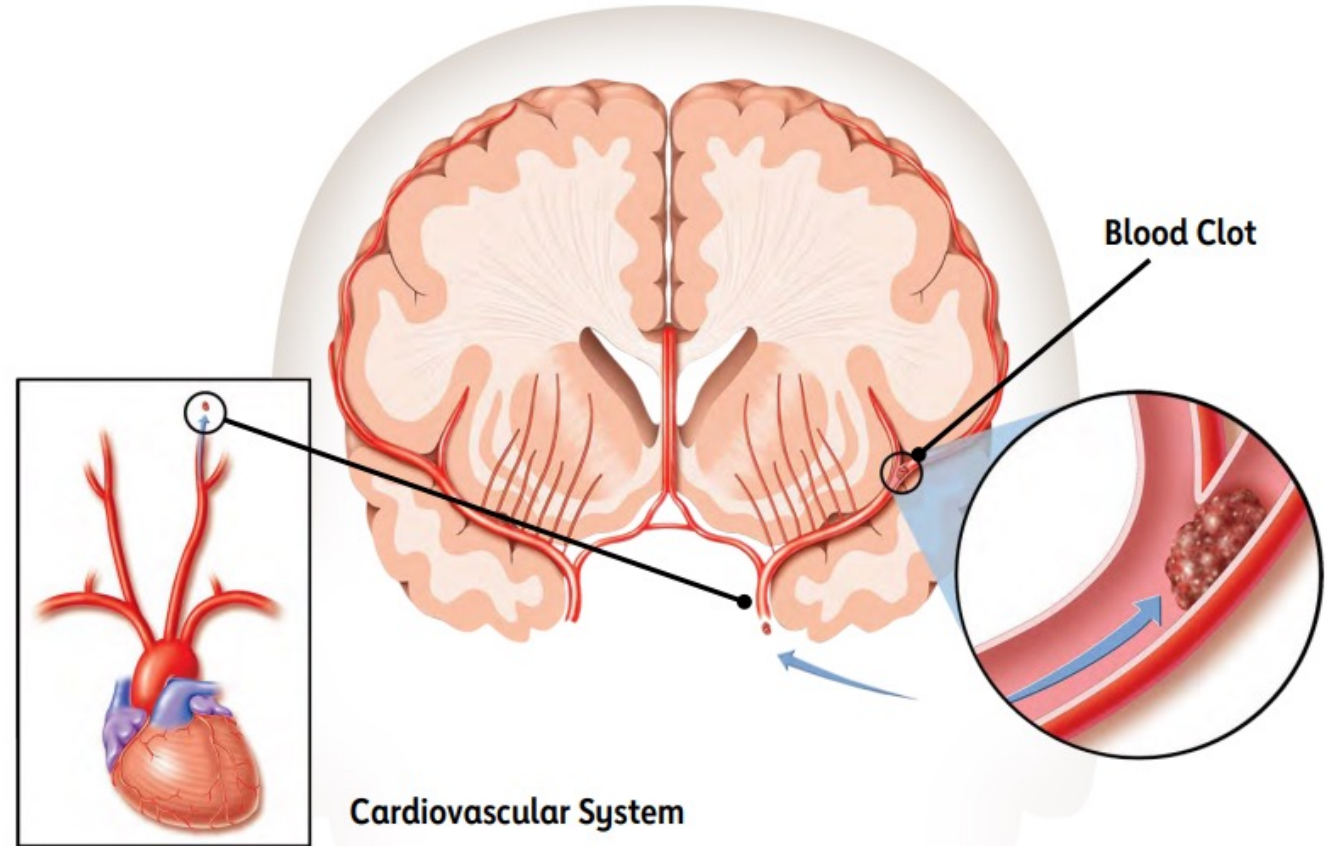
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Types of Stroke

Ischemic Stroke

Ischemic stroke is the most common type of stroke, accounting for about 87% of strokes.

An ischemic stroke occurs when a clot blocks a vessel supplying blood to the brain. The artery becomes narrowed or clogged, cutting off blood flow to brain cells.





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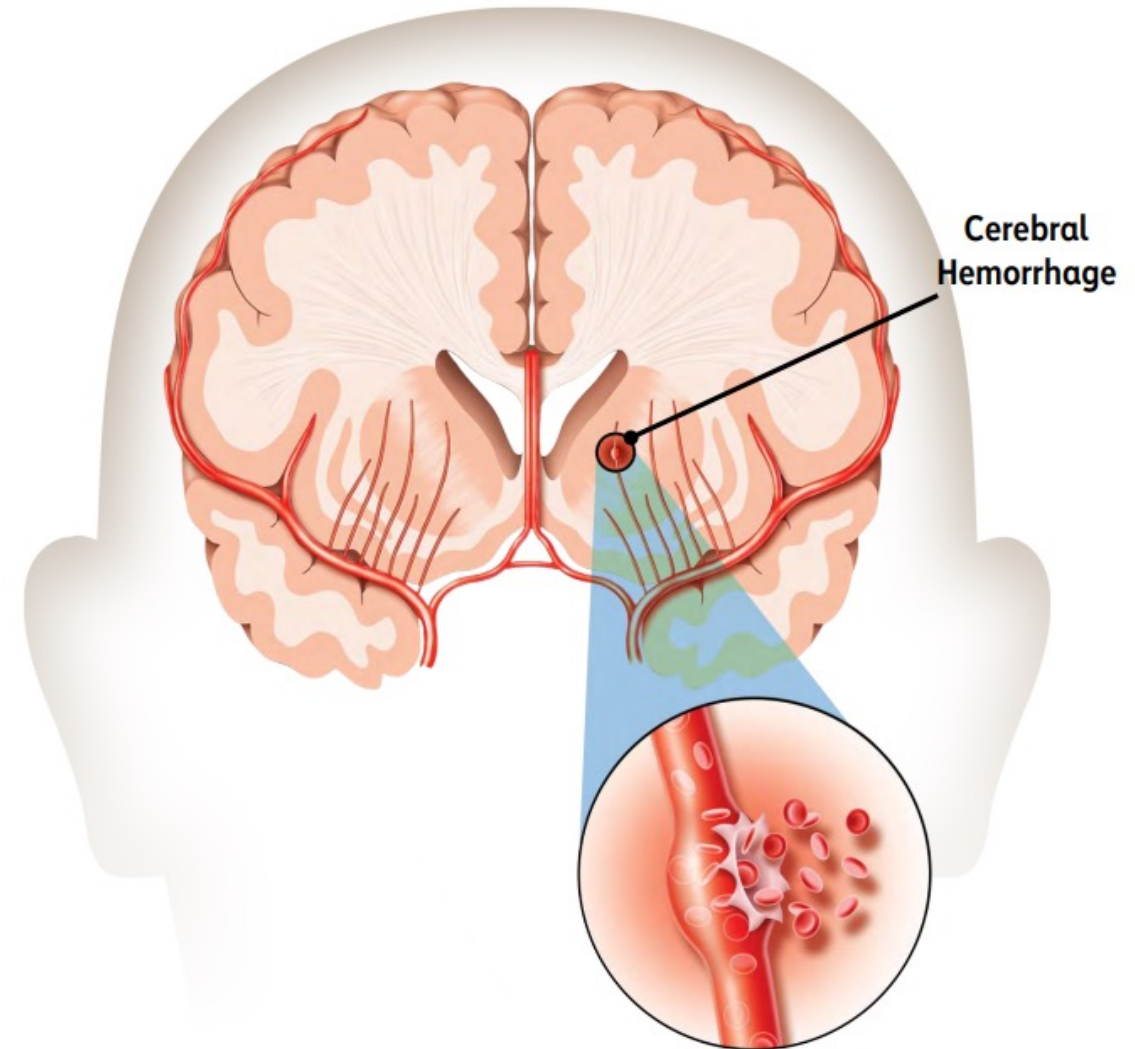
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Types of Stroke

Hemorrhagic Stroke

A hemorrhagic stroke happens when a blood vessel bursts (ruptures) in the brain. This type of stroke may affect large arteries in the brain or the small blood vessels deep within the brain. The rupture keeps the surrounding areas of the brain from getting oxygen.

Hemorrhagic strokes are less common than ischemic strokes, accounting for about 13% of strokes. However, they are associated with a higher risk of death.





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F.A.S.T. Warning Signs

Use the letters in F.A.S.T. to spot a stroke:



F = FACE

Does one side of the face droop or is it numb?

Ask the person to smile.

Is the person's smile uneven?



A = ARMS

Is one arm weak or numb?

Ask the person to raise both arms.

Does one arm drift downward?



S = SPEECH

Ask the person to repeat a simple phrase.

Is their speech slurred or strange?



T = TIME

If you observe any of these signs – **call 911 IMMEDIATELY!**

Note the time when any of the symptoms first appear.



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Other Symptoms of Stroke

Watch for Sudden:



NUMBNESS

or weakness of the face, arm or leg, especially on one side of the body



CONFUSION,

trouble speaking or understanding speech



TROUBLE SEEING

in one or both eyes



TROUBLE WALKING,

dizziness, loss of balance or coordination



SEVERE HEADACHE

with no known cause

WHY ACTING RIGHT AWAY IS CRITICAL

- The sooner a stroke victim gets to the hospital, the sooner **they'll get lifesaving treatment.**
 - Stroke survivors have the best outcomes when they receive treatment in 4.5 hours or less.
 - A clot-busting drug called tissue plasminogen activator (tPA) **may improve the chances of getting better** but only if they get help right away.





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Stroke Diagnosis

In case of a stroke, diagnosis will help determine the type of stroke and its treatment. In the emergency room, the stroke team may:

Ask you when the symptoms of the stroke started. This is critical in determining the best treatment.

- Ask you about your medical history.
- Do a physical and neurological examination.
- Have certain lab (blood) tests done.
- Do a CT (computed tomography) or MRI (magnetic resonance imaging) brain scan. This determines what kind of stroke a person has had.
- Study the results of other diagnostic tests that might be done.





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Stroke Risk Factors

Risk Factors that cannot be controlled:



Age:

While strokes can occur at any age, risk increases after age 55.



Gender:

Women have a lower risk than men before menopause, but more women than men die of stroke.



Family history:

Strokes appear to have a genetic link. You face a higher risk if an immediate family member has had a stroke.



Prior stroke or transient ischemic attack (TIA)

- A person who's had TIA has a one in three more likelihood of having a stroke than someone of the same age and sex who hasn't.
- If you had a stroke, it means you are at a greater risk for another stroke. Almost 1 in 4 will experience a recurrent stroke in the next 5 years.



Race and Ethnicity:

Black people have a higher prevalence of stroke and a higher death rate from stroke than any other racial group.



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Stroke Risk Factors

Medical Risk Factors



High Blood Pressure:

Measurement of 120/80 mm Hg and above is considered high blood pressure. You need to work with your health care professional to manage your blood pressure. Talk to your doctor as your number may be different for someone over 65.



Diabetes:

Having diabetes more than doubles your risk of stroke. High blood glucose increases plaque buildup and damage in your arteries.



Cholesterol:

Buildup of fatty deposits and other cells in artery walls.



Circulation Problems:

Strokes can be caused by blockage in your arteries and veins that carry blood through your heart to your brain.



Atrial Fibrillation (AFib):

AFib increases stroke risk fivefold.



Stroke Risk Factors

Lifestyle Risk Factors



Quit Tobacco Use and Vaping:

Current smokers have a 2 to 4 times increased risk of stroke compared with nonsmokers or those who have quit smoking more than 10 years ago.



Eliminate or Reduce Alcohol Use:

Heavy drinking can increase your risk for stroke. Recommendation is no more than two drinks per day for men and no more than one drink per day for non-pregnant women. Pregnant people should not drink alcohol.



Maintain a Healthy Weight:

Obesity and excessive weight can put a strain on the entire circulatory system.



Increased Physical Activity:

Physical activity can help reduce stroke risk. A brisk 30 minute walk each day can improve daily health (that's just 15 minutes each way!). Aim for at least 150 minutes of moderate to vigorous-intensity physical activity per week.



Eat a Healthy Diet:

- Rich in fresh fruit, vegetables and whole grains
- Include a variety of proteins (lean meats, fish, beans, tofu)
- Minimally processed foods
- Limit salt intake
- Limit intake of added sugars
- Avoid fried foods



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More Tips to be Healthier and Reduce Your Risk of Stroke



Take your medications
as directed.



Reduce stress,
which may contribute to behaviors such as overeating, lack of physical activity, unhealthy diet and smoking.



Have regular medical checkups,
including assessment of your risk for stroke.

THINK F.A.S.T.

F.A.S.T. WARNING SIGNS



Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



Speech Difficulty:

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, like "The sky is blue." Is the sentence repeated correctly?



Arm Weakness:

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Time to Call 911:

If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time, so you'll know when the first symptoms appeared.



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