

STROKE

MINUTES MATTER - TIME IS NEURONS

F	A	S	T
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

Did you know 80% of strokes are preventable?

What is a stroke?

Stroke occurs when blood flow to the brain is interrupted, without oxygen rich blood, brain cells die. This is why MINUTES MATTER. 87% of strokes are classified as Ischemic (a clot blocks a blood vessel, thus cutting off blood flow to the brain). A Hemorrhagic stroke occurs when a weakened blood vessel or cerebral aneurism ruptures, spilling blood flow into the brain. A TIA (transient ischemic attack) is a temporary blockage, also called a “warning stroke”

1
HIGH BLOOD PRESSURE IS LEADING RISK FACTOR

2
ARTERIAL FIBRILLATION
Raises stroke risk 5 times!

3
SMOKING GREATLY INCREASES STROKE
Visit smokefree.gov for helpful tips

Simple ways to the magic number:



Use myplate.gov to work on your diet! Reduce salt intake, stop smoking, increase daily exercise, and manage stress.



Stroke risk 2-4x higher among smokers. Secondhand smoke is a risk factor!!



Stroke is treatable!

The faster you are treated, the more likely you will recover without permanent disability

In the U.S. stroke occurs every 40 seconds, and every 4 minutes someone dies.

Stroke is the leading **preventable** cause of Long term disability

What's good for the heart is good for your brain. The American Heart Association recommends following "Life's Simple 7" to achieve ideal health: **don't smoke, be physically active, eat a healthy diet, maintain a healthy body weight, and control cholesterol, blood pressure and blood sugar**

REDUCE BLOOD SUGAR
About 21 million American adults have diagnosed diabetes. That's almost 9% of the adult population.

EAT RIGHT
When you eat a heart-healthy diet you improve your chances for feeling good and staying healthy!

LOSE WEIGHT
Most Americans older than 20 are overweight or obese. About 32% children are overweight or obese.

GET MOVING
About one in every three U.S. adults – 30% – reports participating in no leisure time physical activity.

STOP SMOKING
6% of adolescents aged 12 to 17 report being current smokers. Among adults, 19% of men and 15% of women are smokers.

MANAGE BLOOD PRESSURE
About 80 million U.S. adults have high blood pressure. That's about 33%.

CONTROL CHOLESTEROL
More than 40% of American adults have total cholesterol levels higher than 200 mg/dL.

Get your My Life Check® Assessment now at heart.org/mylifecheck.

1. What is the most important change I can make?
2. What kind of physical activity can I do safely?
3. _____
4. _____
5. _____
6. _____

EVENTS:

- Fight Stroke Walk, San Jose-MAY 6 <https://www.strokeinfo.org/walk>
- Mercy's 5k Stroke Awareness Run, MAY 5 <https://runsignup.com/Race/CA/Merced/Mercys5KStrokeAwarenessRun>
- CV-RAPS, Stockton, MAY 22nd <https://www.eventbrite.com/e/central-valley-recovery-awareness-preventing-strokes-cv-raps-2018-tickets-39361037924>
- PSA STROKE CONFERENCE, May 9 - Millbrae, May 10/11 - Palo Alto <http://pacificstrokeassociation.org/stroke-conference/>



RESOURCES:

1-888-4-STROKE WWW.CDC.GOV/STROKE WWW.CDC.GOV/HEALTHYWEIGHT WWW.CDC.GOV/TOBACCO
STROKEASSOCIATION.ORG FOR LOCAL SUPPORT GROUPS