What You Need to Know About STROKE
What Is Stroke?

A stroke occurs when blood flow to the brain is interrupted by a blocked or a burst blood vessel.
What Is the Impact of Stroke?

- Stroke is the third leading cause of death in the United States

  - On average, someone suffers a stroke every 40 seconds
  - About 795,000 Americans suffer a stroke each year
  - About every 4 minutes, someone dies of a stroke
What Is the Impact of Stroke?
(Continued)

- Stroke is a leading cause of serious, long-term disability
- About 6.4 million Americans are stroke survivors
- Americans will pay about $73.7 billion in 2010 for stroke-related medical costs and lost productivity
What Are the Types of Stroke?

- **Ischemic Stroke** (Blockage)
  - Caused by a blockage in blood vessels in brain

- **Hemorrhagic Stroke** (Bleeding)
  - Caused by burst or leaking blood vessels in brain
What Are the Causes of Ischemic Stroke?

- Begins with the development of fatty deposits lining the blood vessel wall
  - *Thrombus*: Development of blood clot at the fatty deposit
  - *Embolus*: Traveling particle too large to pass through a small vessel
What Are the Causes of Hemorrhagic Stroke?

- Occurs when a weakened blood vessel ruptures
  - Aneurysms: Ballooning of a weakened region of a blood vessel
  - Arteriovenous Malformations (AVMs): Cluster of abnormal blood vessels
Stroke Risk Factors That Cannot Be Treated

- Age
- Sex
- Race
- Prior stroke
- Family history
Stroke Risk Factors That Can Be Treated

- Hypertension/High Blood Pressure
- Heart Disease
- Cigarette Smoking
- Transient Ischemic Attacks
- Diabetes
- Elevated Blood Cholesterol/Lipids
- Asymptomatic Carotid Bruits
Stroke Risk Factors
Less Well-Documented

- Geographical Location
- Socioeconomic Factors
- Excessive Alcohol Intake
- Certain Kinds of Drug Abuse
Stroke Warning Signs

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause (for hemorrhagic stroke)
Transient Ischemic Attacks (TIAs)

- “Warning strokes” that can happen before a major stroke
- Occur when blood flow through a brain artery is blocked or reduced for a short time
- Symptoms are temporary but similar to those of a full-fledged stroke
- A person who has a TIA is 9.5 times more likely to have a stroke
What Parts of the Brain Are Affected by Stroke?
What Are the Effects of Stroke?

- Right Brain
What Are the Effects of Stroke?

- Left Brain
How Are Strokes Treated?

- **Ischemic Stroke**
  - *Clot-busters e.g., t-PA*
  - *Anticoagulants – warfarin, aspirin*
  - *Carotid Endarterectomy*
  - *Angioplasty/Stents*

- **Hemorrhagic Stroke**
  - *Surgical Intervention*
  - *Endovascular Procedures, e.g., “coils”*
Prevention of Stroke

- Control high blood pressure
- Prevent heart disease
- Stop cigarette smoking
- Recognize signs of TIA and tell physician
- Reduce blood cholesterol levels
Rehabilitation

After suffering a stroke, it’s important to begin a rehabilitation program as soon as possible.
Types of Rehabilitation Programs

- Hospital programs
- Nursing facilities
- Outpatient programs
- Home-based programs
Rehabilitation Specialists

- Physician
- Rehabilitation nurse
- Physical therapist
- Speech therapist
- Occupational therapist
- Psychiatrist
- Psychiatrist
Are you a stroke survivor, caregiver, family member or healthcare provider who needs information about stroke?
Subscribe to *Stroke Connection* Magazine

Call 1-888-4-STROKE or visit StrokeAssociation.org for a FREE subscription.
Learn to recognize a stroke. *Time lost is brain lost.*

- Stroke is a medical emergency!
- If you notice one or more stroke warning signs, **GET HELP IMMEDIATELY: CALL 9-1-1.**
To Learn More About Stroke…

CALL 1-888-4-STROKE (1-888-478-7653)
Or visit us online at www.StrokeAssociation.org