

STROKE

TYPES OF STROKE/WARNING SIGNS

What are the types of stroke?*

There are two types of stroke:

Ischemic stroke

Occurs when a blood vessel supplying blood to the brain is blocked.

Hemorrhagic stroke

Occurs when a weakened blood vessel ruptures.

Another condition that's similar to a stroke is a transient ischemic attack (TIA). It's sometimes called a "mini-stroke." TIAs happen when the blood supply to the brain is blocked for a short time. The damage to the brain cells isn't permanent, but if you have had a TIA, you are at a much higher risk of having a stroke.

*medlineplus.gov/stroke.

Is it a stroke? BE FAST!

BE FAST is an acronym to help you quickly recognize common signs of a stroke and to take any necessary action by calling for emergency medical services. Other symptoms may include, sudden and severe unexplained headache or migraine with no obvious cause, and confusion or trouble understanding things they would normally know.

BALANCE DIFFICULTIES

Do they have problems standing or moving? Are they dizzy?

EYESIGHT CHANGES

Do they have loss of vision in one or both eyes? Maybe a portion of one eye?

FACE DROOPING

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

ARM WEAKNESS

Is one arm weak or numb? Have the person raise their arms.

SPEECH DIFFICULTY

Is the person unable to speak or hard to understand? Is the person able to correctly repeat what you are saying?

TIME TO CALL 9-1-1

If someone shows one, some or all of these symptoms, even if symptoms pass, call 9-1-1 and tell them you think the person is having a stroke. This can help get the person to the hospital immediately. Each second is important and could mean brain loss.

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FACTS AND RISK FACTORS

Stroke FACTS*:

- Someone in the United States has a stroke every 40 seconds. Every 3 minutes and 11 seconds, someone dies of stroke.
- Every year, more than 795,000 people in the United States have a stroke.
- About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.
- Stroke is a leading cause of serious long-term disability.
- Stroke reduces mobility in more than half of stroke survivors age 65 and over.
- Stroke Risk Varies by Age
- Stroke risk increases with age, but strokes can, and do, occur at any age.

*www.cdc.gov

Anyone can have a stroke at any age. But your chance of having a stroke increases if you have certain risk factors. Some risk factors for stroke can be changed or managed, while others can't.

Risk factors for stroke that can be changed, treated, or medically managed*:

- High blood pressure. Blood pressure of 140/90 or higher can damage blood vessels (arteries) that supply blood to the brain.
- Heart disease. Heart disease is the second most important risk factor for stroke, and the major cause of death among survivors of stroke. Heart disease and stroke have many of the same risk factors.
- Diabetes. People with diabetes are at greater risk for a stroke than someone without diabetes.
- Smoking. Smoking almost doubles your risk for an ischemic stroke.
- Birth control pills (oral contraceptives)
- History of TIAs (transient ischemic attacks). TIAs are often called mini-strokes. They have the same symptoms as stroke, but the symptoms don't last.

hopkinsmedicine.org

For more information on risk factors and prevention:

www.tedysteam.org

(click About Us/Stroke Information)

