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Stroke

Risk Factors & Prevention

WHAT IS A STROKE?

Stroke, sometimes called brain attack, occurs when an area of the brain stops receiving blood flow. When this happens, the brain cells in this area eventually die due to lack of oxygen supply.

Stroke is the **5th** leading cause of death in the United States.

WHAT ARE SOME MAJOR RISK FACTORS FOR STROKES?

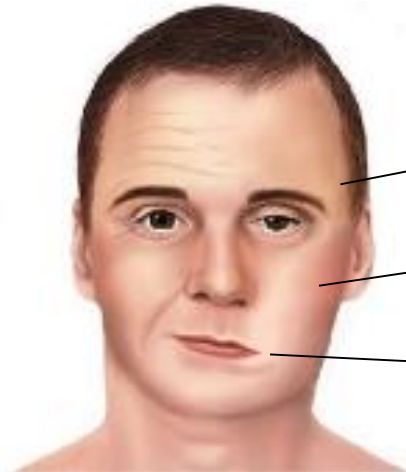
Stroke can occur at any age. However, with increased age, adults are more likely to suffer from a stroke. Major risk factors include:

- High Blood Pressure
- High Cholesterol
- Unhealthy Diet
- Physical Inactivity
- Excess Alcohol consumption
- Diabetes
- Smoking

One American dies from stroke every **4** minutes.

About **49%** of Americans have at least one risk factor related to stroke.

WHAT TO DO IF SOMEONE HAS A STROKE



Drooping Eyebrow

Drooping Cheek

Drooping Mouth

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ACT F.A.S.T!!!

FACE

DOES ONE SIDE OF THE FACE DROOP? ASK THE PERSON TO SMILE.

A RMS

IS ONE ARM WEAK OR NUMB? ASK THE PERSON TO RAISE BOTH ARMS.

SPEECH

IS SPEECH SLURRED? ASK THE PERSON TO REPEAT A SIMPLE SENTENCE.

TIME

IF THE PERSON SHOWS ANY OF THESE SYMPTOMS CALL **911** IMMEDIATELY.



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How do I prevent a stroke?

Preventing a stroke is as simple as making healthy lifestyle choices. These choices include:

- Consuming healthy food
- Losing weight
- Remaining physically active
- Keeping blood sugar under control
- Not smoking
- Decreasing alcohol consumption
- Sleeping for at least 7 hours at night
- Decreasing stress in your life

REFERENCES:

Centers for Disease Control and Prevention

<http://www.cdc.gov/stroke/index.htm>

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/>

Author: Mary Okine, SPT University of South Dakota