



Photo courtesy of: www.cdc.gov

STROKES

Identifying risk factors, signs, and preventative measures

WHAT IS A STROKE?

A stroke occurs when an artery to the brain becomes blocked or ruptures inhibiting blood flow to the brain. This results in brain damage or tissue death.

Strokes costs the US
an estimated **\$34**
billion each year

RISK FACTORS

1 in 3

US adults has at least one of these risk factors

CONDITIONS

- ❖ Previous stroke
- ❖ High blood pressure
- ❖ High cholesterol
- ❖ Heart disease
- ❖ Diabetes

BEHAVIORS





- ❖ Unhealthy diet
- ❖ Physical inactivity
- ❖ Obesity
- ❖ Too much alcohol
- ❖ Tobacco use

FAMILY HISTORY

- ❖ Genetics
- ❖ Age
- ❖ Sex
- ❖ Ethnicity

Signs of a Stroke

Recognize the signs of stroke **F.A.S.T.**

 FACE Ask the person to smile . Does one side droop?	 ARMS Ask the person to raise both arms . Does one arm drift downwards?	 SPEECH Ask the person to repeat a simple sentence . Are the words slurred?	 TIME If the person shows any of these symptoms, call 911 immediately.
---	--	--	---

Learning the signs of a stroke can HELP SAVE LIVES

Photo courtesy of: www.CDC.gov

Only **38%** of people knew to call 9-1-1 when stroke symptoms were present

Strokes are Preventable!

Ways to Prevent:

- ❖ Healthy diet
- ❖ Healthy weight
- ❖ Physical activity
- ❖ Limited alcohol consumption
- ❖ Control pre-existing health conditions

Talk to your health care team about the

ABCs



Aspirin
when appropriate



Blood pressure control



Cholesterol management



Smoking cessation

Photo courtesy of: www.millionhearts.hhs.gov

References:

Centers for Disease Control and Prevention. Stroke. Available at: <https://www.cdc.gov/stroke/about.htm>. Accessed September 26, 2016.

Authors:

Mary Beth Garner, SPT
Cortney Houghtaling, SPT
University of Evansville