



## STROKE

According to the National Stroke Association, approximately 780,000 Americans have a stroke each year. Stroke is the number three killer in the U.S. and the leading cause of disability among adults <sup>(1)</sup>.

There are two types of stroke: *ischemic* and *hemorrhagic* stroke. *Ischemic* strokes occur when arteries become blocked by blood clots because of the buildup of plaque; approximately 85% of all strokes are ischemic. *Hemorrhagic* strokes account for the other 15% of all strokes and occur when a blood vessel in the brain ruptures, causing bleeding into and around the brain <sup>(1)</sup>.

When a stroke occurs, the blood flow to your brain is cut off and your brain does not receive enough oxygen. The longer the blood flow is cut off to the brain, the greater the damage.

Few people recognize the warning signs of stroke. Some common stroke warning signs to look for include <sup>(2)</sup>:

- sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- sudden confusion, trouble speaking or understanding speech

- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden severe headache with no known cause

An easy test could help you detect the symptoms of a stroke and act **F.A.S.T.** <sup>(1)</sup>:

**F= Face** - Ask the person to smile. Does one side of the face droop?

**A= Arm** - Ask the person to raise both arms. Does one arm drift downward?

**S=Speech** -Ask the person to repeat a simple sentence. Does the speech sound slurred?

**T=Time** -If you observe any of these symptoms, it's time to call 911 or seek help immediately.

Making the decision to seek help immediately could save a life or avoid lifelong disability <sup>(2)</sup>. For more information on stroke, please visit the following web-links:

### Stroke Information:

- [What is a Stroke?](#)
- [High Blood Pressure Risk Calculator](#)
- [Blood Pressure Quiz](#)
- [10 Ways to Control High Blood Pressure](#)

### References:

1. [National Stroke Association](#)
2. [National Institute of Neurological Disorders and Stroke](#)

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