Stroke: An Introduction
Impact of Stroke

800,000 new stroke cases are reported each year in the United States.

Stroke is the 4th leading cause of death in the United States.

Stroke is the leading cause of disability. Of all stroke survivors, 90% have permanent deficits.

Total cost of stroke-related medical cost and disability in the United States was approximately $57 billion.
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)
What Is A Stroke?
A Stroke Occurs When Blood Flow And Oxygen To The Brain Is Interrupted.

1st type, most common is an **Ischemic Stroke** = 85% of strokes.

Clot to the Brain - cerebral thrombosis (blood clot) that develops at the clogged part of the brain.

Cerebral embolism - a blood clot that forms in another area and travels through the blood stream.
Hemorrhagic Stroke

2nd type of stroke bleeding...in or around the brain.

Caused by a intracerebral hemorrhage or a subarachnoid hemorrhage. (This is what some say “the worst headache of my life”)
Transitent Ischemic Attack

- TIAs are “WARNING STROKES” causing brief stroke symptoms with no permanent damage but they are dangerous!!

- 5% of people who have TIA, have a major stroke in the next 2 days!

- 10-15% of people with TIA, have a stroke in the next 3 months!

- They occur when blood flow through a brain artery is blocked or reduced for a short time.
Do NOT IGNORE A TIA!

Seek medical care immediately
WHAT CAN WE DO TO PREVENT A STROKE

- KNOW YOUR RISK FACTORS......

- IF YOU ARE NOT SURE TALK WITH YOUR DOCTOR
Stroke Risk Factors That **Can** Be Treated

- Hypertension / High Blood Pressure
- Heart Disease
- Cigarette Smoking
- Transient Ischemic Attack (TIA)
Stroke Risk Factors That **Can** Be Treated

- Diabetes
- Elevated Blood Cholesterol / Lipids
- Excessive Alcohol Use
Stroke Risk Factors That **Can** Be Treated

- Atrial Fibrillation
- Stress
- Diet and Exercise
- Sleep Apnea
Stroke Risk Factors That Cannot Be Treated

- Age
- Gender
- Race
- Prior Stroke
- Family History
WHAT CAN I DO.....

- Know your risk factors.
- Exercise 5 to 6 times a week for 30 minutes a day.
- Lower your sodium intake.
- Cut down on fatty foods.
- Eat a well balanced diet.
- Report any symptoms immediately to your physician.
Remember

- 80% of all Strokes can be PREVENTED.
- Only YOU can prevent one from happening.
Do You Know Your Numbers?

- **High**
  - Systolic 140 or above OR
  - Diastolic 90 or above

- **Pre-High**
  - Systolic between 121-139 OR
  - Diastolic between 81-89

- **Normal**
  - Systolic 120 or less AND
  - Diastolic 80 or less

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**Normal Blood Sugar Numbers**

- **Too Low**
  - From 70 to 150

- **Too High**

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**Obesity Increases Risk of Stroke**

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**Normal Cholesterol Range**

- Less than 130 – for LDL
  - “bad” cholesterol

- More than 40 (men) and
- 50 (women) — for HDL
  - “good” cholesterol

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Keck School of Medicine of USC
For Treatment Act Fast!

**Face**
Ask them to smile. Does the face look uneven?

**Arm**
Ask them to raise both arms. Does one arm drift down?

**Speech**
Ask them to repeat a simple phrase like “The sky is blue.” Does their speech sound strange?

**Time**
If you observe ANY of these signs, then it’s time to CALL 9-1-1.
For Treatment Act Fast!!

- Remember **Time** is **Brain**!!
- **Call 9-1-1** If you have any symptoms of stroke **Immediately**!!
- **Calling 9-1-1** Gets you the **Fastest Emergency Treatment**
Talk To Your Doctor Today!

- Know your numbers...
- Learn the warning signs...
- Know the risk factors and control them...
- It can save your life...