



Stroke Awareness... it's about time.

STROKE HAPPENS. To you. To those you love.
Know the signs. Act fast.

A stroke happens when a part of the brain dies from lack of blood, usually because one of the arteries that supply oxygen-carrying blood to the brain has been damaged. There are two ways this can happen:

1. Clogged vessel or ischemic stroke: Caused by blockage of a blood vessel in the brain, usually by a blood clot or by fatty deposits on the vessel wall. 85% of strokes are ischemic.
2. Burst vessel or hemorrhagic stroke: Caused by a ruptured blood vessel, preventing normal flow and allowing blood to leak into brain tissue, destroying it. This occurs in 15% of strokes.

Stroke is a common and often misunderstood condition and its early symptoms are often ignored. Some brain cells deprived of oxygen die within minutes. Others may take a few hours to die depending on the nature of the blockage or hemorrhage. The loss of physical and mental functions is often permanent and can include motor-function disability. The most effective treatment for stroke can be administered if it is within three hours of the onset of stroke. Although strokes can occur at any age, most stroke patients (two-thirds) are over the age of 65.

Key Stroke Facts

- Stroke is the 3rd leading cause of death in the U.S. behind heart disease and cancer.
- Over 160,000 Americans die from stroke each year.
- Stroke is the leading cause of serious long-term disability in the United States.
- There are more than 6 million stroke survivors living today in our country and two-thirds of them are disabled.
- There are approximately 700,000 strokes in our country each year. About 500,000 of these are first or new strokes. About 200,000 occur in people who have already had a stroke.
- Strokes can and do occur at ANY age. Nearly one quarter of strokes occur under the age of 65.
- The risk of stroke more than doubles each decade after the age of 55.
- Each year, an estimated 4,500 Santa Clara residents are hospitalized for stroke and the cost for medical care and rehabilitation and lost productivity locally is about \$300 million annually.
- Up to 80% of strokes are preventable.

ACT FAST!
Facial Weakness
Arm & Leg Weakness
Speech Problems
Time is Critical

If you answered "Yes" to any of the above:
CALL 911 IMMEDIATELY

RISK FACTORS

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Family history of stroke
- Obesity
- Previous Strokes
- 1 in 4 Americans could not name a single stroke risk factor.

Source: GoesHere

Courtesy of Wellness Proposals