

Stroke



Risk Factors:

- **Age**
- **Sex**
- **Race/ethnicity**
African Americans, Alaska Natives, American Indians and Hispanics are at a greater risk of stroke than Whites.
- **Genetics/heredity**
- **High blood pressure**
- **Diabetes**
- **Heart and blood vessel diseases**
- **High LDL cholesterol levels**
- **Tobacco use**
- **Unhealthy lifestyle habits**
Physical inactivity, heavy alcohol intake, obesity
- **Oral contraceptive use**

Prevention:

- **Don't smoke**
- **Exercise regularly**
- **Eat healthy foods**
- **Maintain a health weight**
- **Limit alcohol intake**
- **See a doctor regularly**
Monitor cholesterol levels, control blood pressure, manage diabetes, treat heart disease and take medications as prescribed

A stroke occurs when blood and oxygen are unable to reach the brain because a blood vessel is blocked (Ischemic) or bursts (Hemorrhagic). Without blood giving the brain proper nutrients, including oxygen, tissues begin to die.

Ischemic strokes occur when blood vessels to the brain are blocked by blood clots, plaque or other particles.

Hemorrhagic strokes occur when a blood vessel that supplies blood to the brain bursts and leaks blood into the brain.

Transient ischemic attacks occur when a blood vessel that supplies blood to the brain is blocked for a short period of time.

Facts

- More than 795,000 Americans have a stroke each year.
- On average, someone in the

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-692-6667

U.S. will die due to a stroke every 3.5 minutes.

- Stroke is a leading cause of disability in the U.S.

Warning Signs

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble walking, dizziness or loss of balance or coordination.
- Sudden trouble seeing in one or both eyes.
- Sudden severe headache with no known cause.
- Sudden chest pain.

If you or someone you know has these symptoms, call 9-1-1 immediately!



Resources

American Stroke Association
www.americanstroke.org

National Stroke Association
www.stroke.org