

Stroke

Disease Information Packets – Slide Sets



Public Health Services,
Community Health Statistics

11/2012



What is Stroke?

- Stroke occurs when oxygen and nutrients are unable to reach the brain due to blockage or rupture of a blood vessel.
 - When this occurs, the deprived part of the brain begins to die.



Source: Centers for Disease Control and Prevention. About Stroke, 2010, <http://www.cdc.gov/stroke/about.htm>.

Stroke Types

– *Ischemic Stroke:*

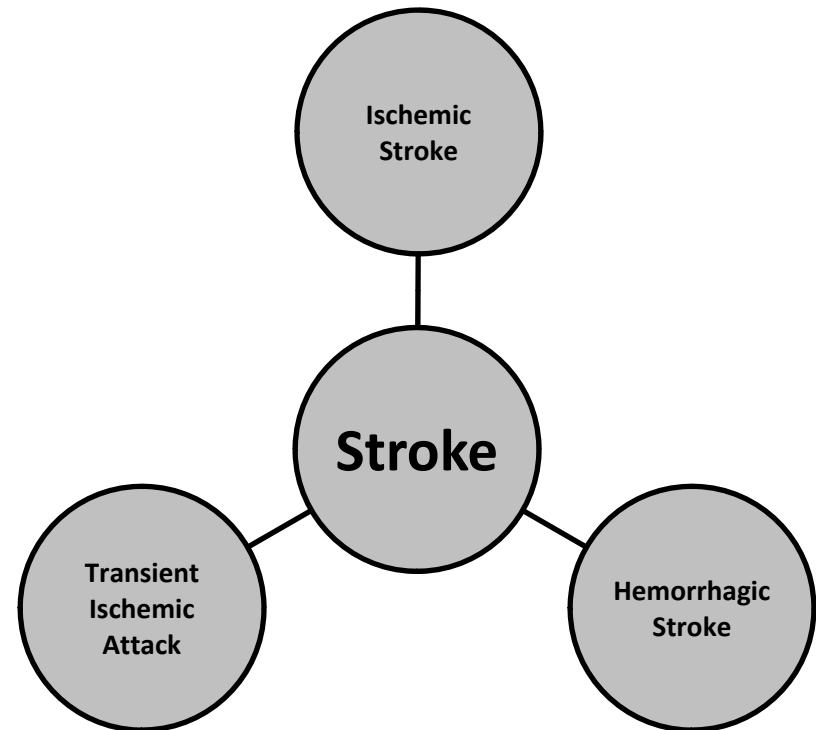
- Accounts for 87% of all strokes.
- Occurs when a blood clot or fatty deposit blocks blood flow to the brain.

– *Hemorrhagic Stroke:*

- Accounts for 13% of all strokes.
- Occurs when a blood vessel that supplies blood to the brain ruptures and bleeds into the brain, compressing the tissue.

– *Transient Ischemic Attack:*

- A short-term obstruction of a blood vessel that supplies blood to the brain, producing a “warning stroke.”



Source: Centers for Disease Control and Prevention. Types of Stroke, 2010, http://www.cdc.gov/stroke/types_of_stroke.htm

Physical Effects of Stroke

- Stroke can cause:
 - Death
 - Paralysis
 - Vision Problems
 - Memory Loss
 - Involuntary Muscle Movements
 - Imbalance
 - Pain
 - Speech Difficulties



Source: Centers for Disease Control and Prevention. Stroke, 2010, www.cdc.gov/Stroke/index.htm

Demographic Risk Factors

- Age
 - About 75% of stroke deaths occur in people age 65 and older.
 - After the age of 55, the risk of stroke more than doubles every ten years.
- Genetics/Heredit
 - Stroke can run in families.
 - Sickle cell anemia, a genetic blood disorder, increases stroke risk.



Sources: - Centers for Disease Control and Prevention. About Stroke, 2010.
- Centers for Disease Control and Prevention. Stroke Facts, 2010.
- Centers for Disease Control and Prevention. Stroke Risk Factors, 2010.

Demographic Risk Factors

- Gender
 - Stroke risk is higher among males than females at younger, but not older ages.
 - Pregnancy increases stroke risk.
 - Women who smoke or use birth control pills have higher stroke risk.
- Race/ethnicity
 - A greater proportion of blacks die from strokes, compared to whites.



Sources: - Centers for Disease Control and Prevention. About Stroke, 2010. - Centers for Disease Control and Prevention. Stroke Facts, 2010. - Centers for Disease Control and Prevention. Stroke Risk Factors, 2010.

Social and Behavioral Risk Factors

- High Blood Pressure
 - Individuals with high blood pressure double their lifetime risk of stroke.
- Heart Disease
 - Heart disease doubles the risk of stroke.
- Atrial Fibrillation
 - Irregular beating of of the heart.
 - Increases the risk of stroke nearly 5 times.
- Transient Ischemic Attacks
 - Treatment can help reduce the risk for a major stroke.
- Diabetes
 - Diabetics have 2-4 times the risk of stroke as non-diabetics.



Source: Centers for Disease Control and Prevention. Stroke Risk Factors, 2010. <http://www.cdc.gov/stroke/>.

Social and Behavioral Risk Factors

- High Cholesterol Levels
 - High cholesterol levels can lead to fat deposits in the arteries.
- Tobacco Use
 - The risk of ischemic stroke in smokers is nearly double that of nonsmokers.
- Heavy Alcohol Consumption
 - Excessive alcohol consumption can lead to an increase in blood pressure, which increases the risk for stroke.
- Physical Inactivity
 - Being inactive can increase the risk of stroke, as well as other chronic diseases.



Source: Centers for Disease Control and Prevention. Stroke Risk Factors, 2010. <http://www.cdc.gov/stroke/>.

National Statistics

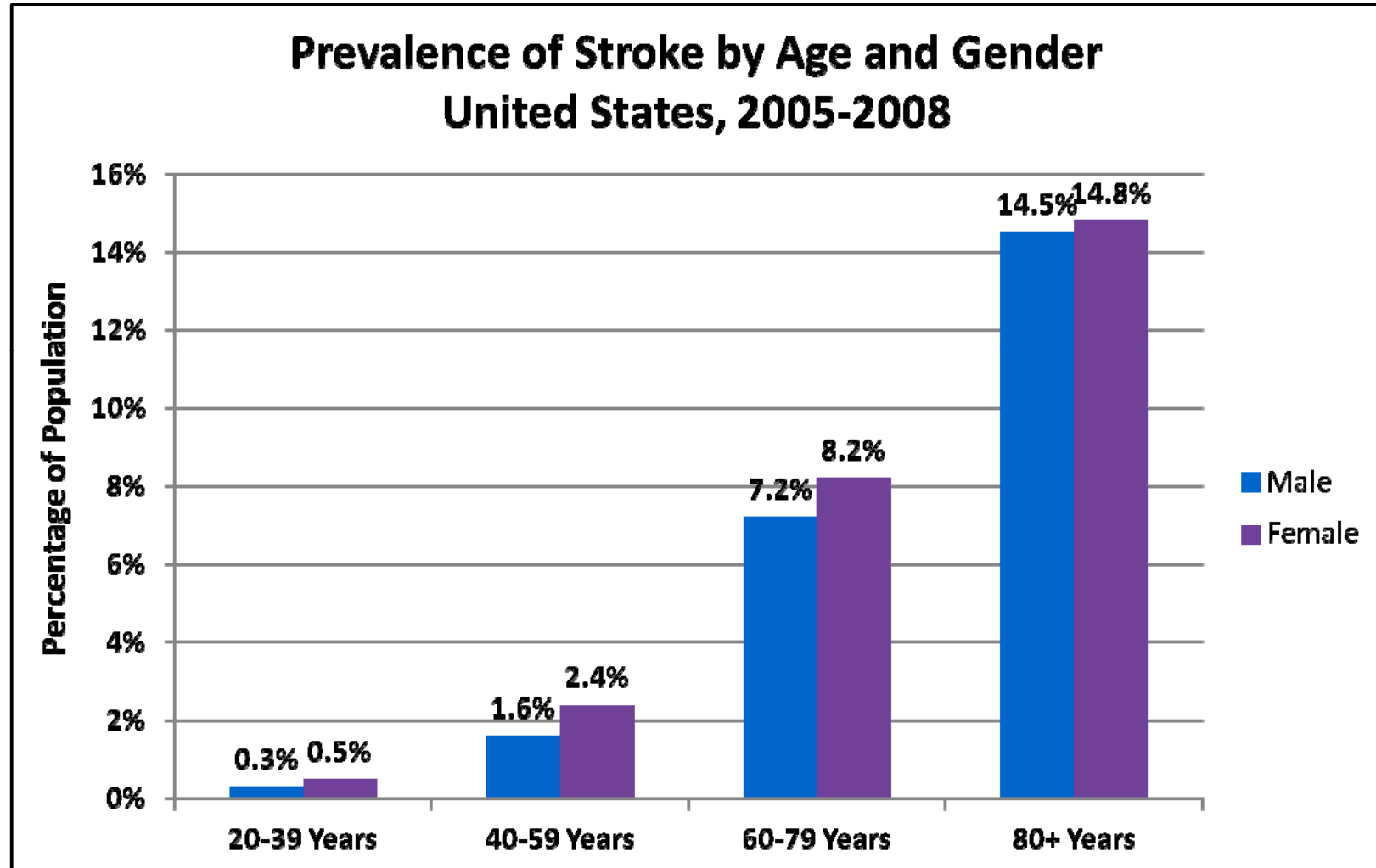
- For 2009, stroke was the 4th leading cause of death in the United States.
- 795,000 Americans have a new or a recurrent stroke each year.
- On average, someone will have a stroke in the United States every 40 seconds.

Top 10 Leading Causes of Death in the United States, 2009

1.	Heart disease: 599,413
2.	Cancer: 567,628
3.	Chronic lower respiratory diseases: 137,353
4.	Stroke (cerebrovascular diseases): 128,842
5.	Accidents (unintentional injuries): 118,021
6.	Alzheimer's disease: 79,003
7.	Diabetes: 68,705
8.	Influenza and Pneumonia: 53,692
9.	Nephritis, nephrotic syndrome, and nephrosis: 48,935
10.	Intentional self-harm (suicide): 36,909

Source: Centers for Disease Control and Prevention. Stroke, 2010. <http://www.cdc.gov/stroke/>.

National Statistics



Source: American Heart Association. Heart Disease and Stroke Statistics - 2012 Update.
Prepared by: County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics,
07/23/2012.

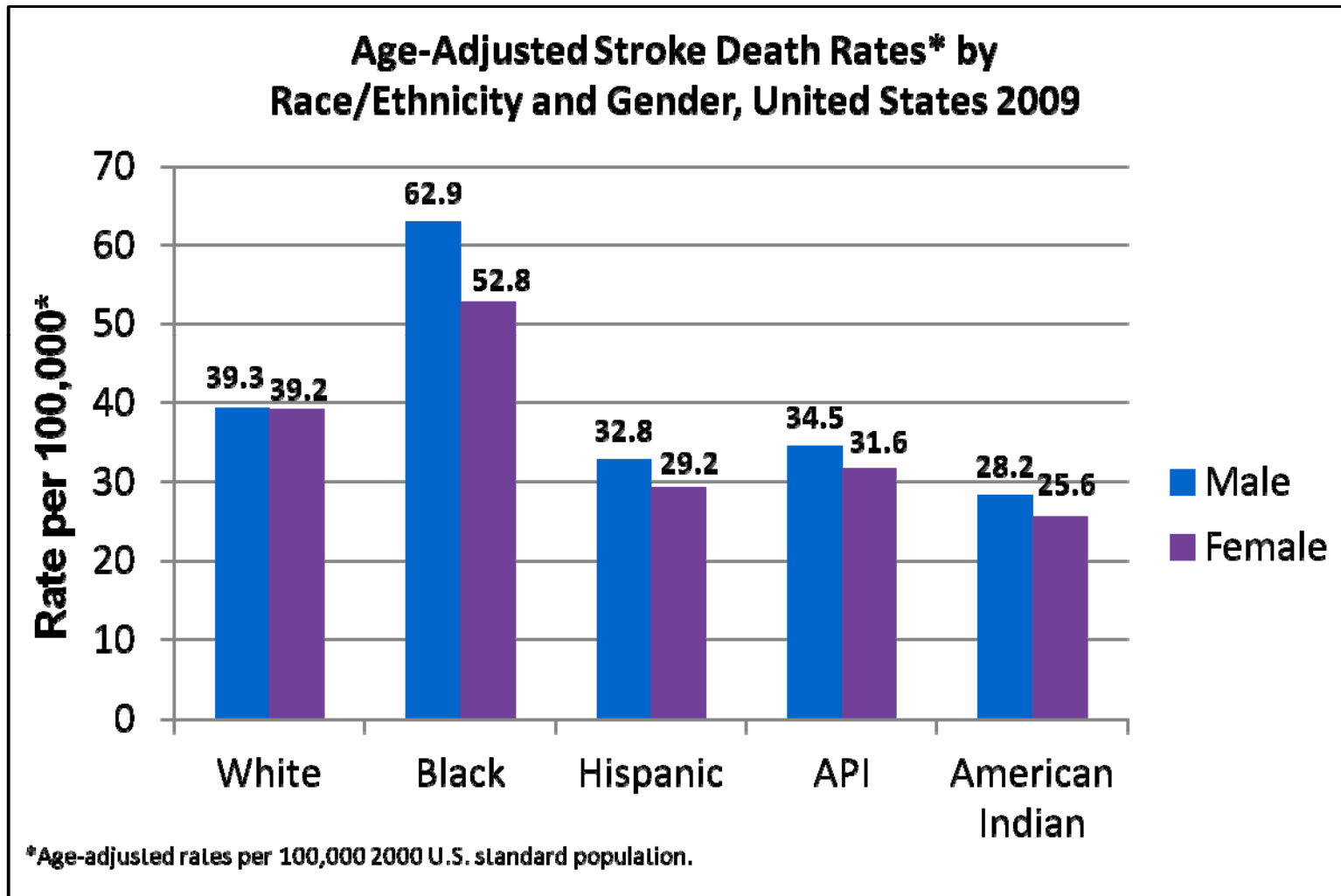
National Disparities

- In 2009, every 6 out of 10 stroke deaths were among women.
- The highest death rates due to stroke are in the southeastern United States.
- Blacks have almost twice the risk of first-ever stroke compared to whites.



Source: Centers for Disease Control and Prevention. Stroke Facts and Statistics, 2010.

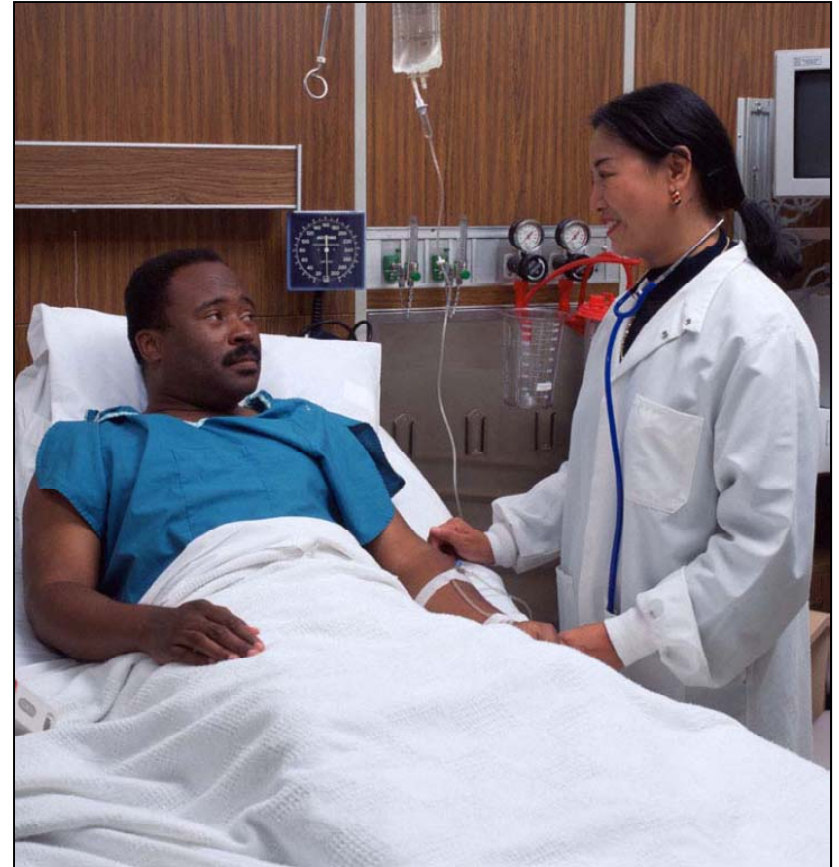
National Disparities



Source: Centers for Disease Control and Prevention. National Vital Statistics System. CDC Wonder, 2009.
Prepared by: County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics,
07/23/2012.

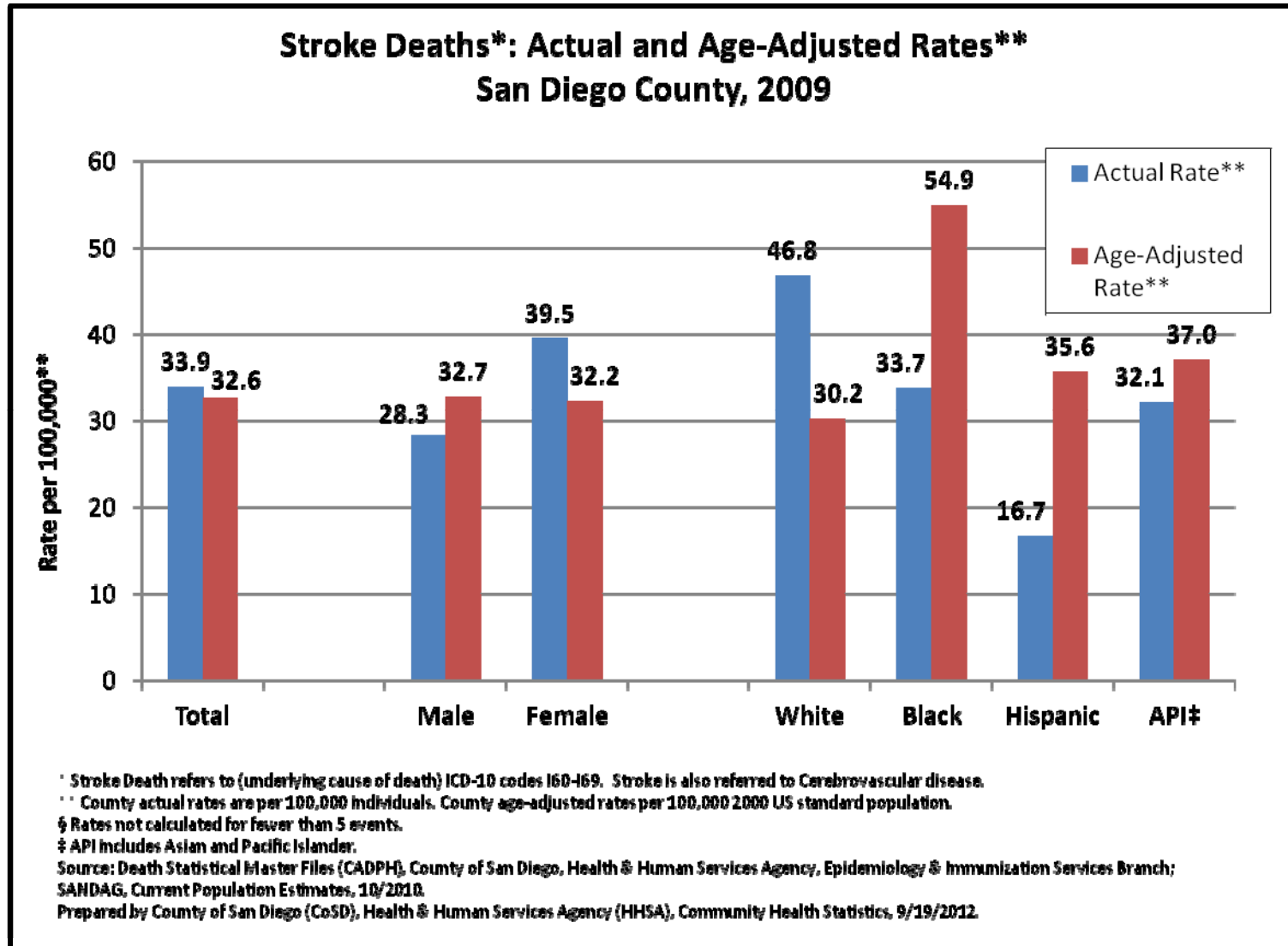
Costs

- Stroke cost an estimated \$54 billion in 2010.
 - Includes the cost of health care services, medications, and missed days of work.

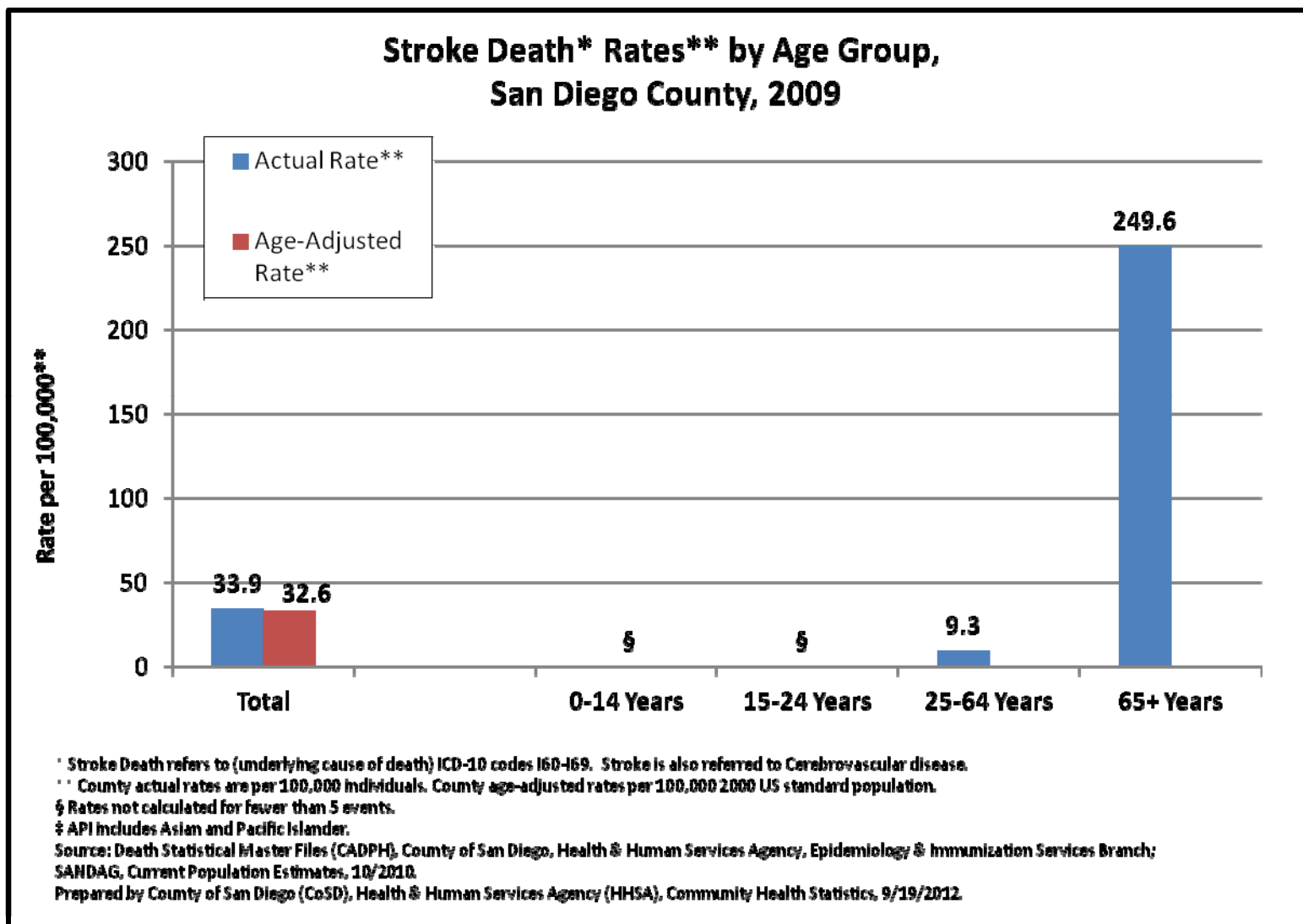


Source: Centers for Disease Control and Prevention. Stroke Facts, 2010. <http://www.cdc.gov/stroke/facts.htm>.

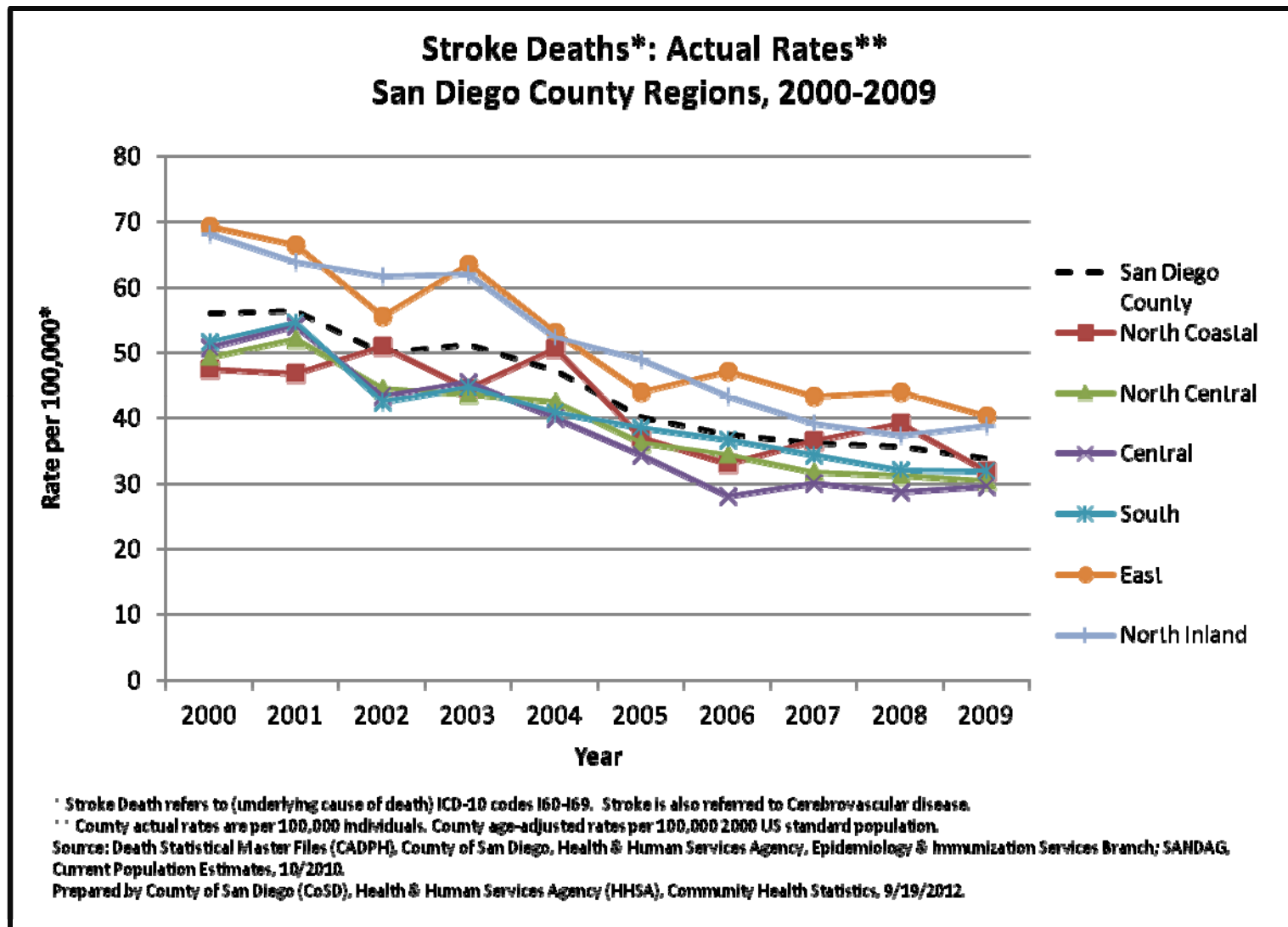
Local Statistics and Disparities



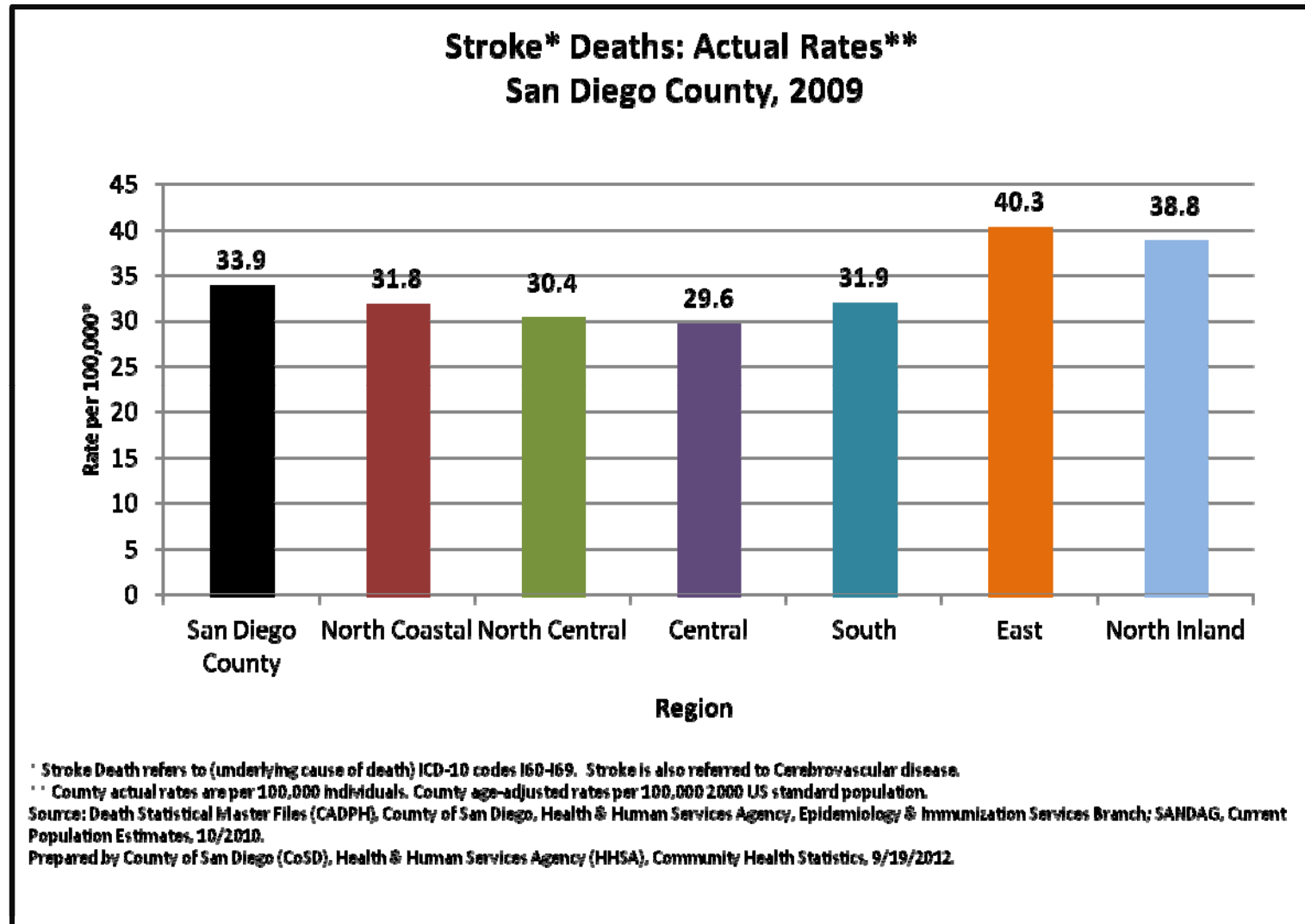
Local Statistics and Disparities



Local Statistics and Disparities



Local Statistics and Disparities



Prevention

To decrease the risk of stroke:

- Lower Blood Pressure
- Eat Healthy Foods
- Lower Blood Cholesterol
- Manage Stress
- Moderate Alcohol Consumption
- Exercise
- Avoid Smoking
- Control Blood Sugar



Source: Centers for Disease Control and Prevention. How to Prevent Stroke, 2010. http://www.cdc.gov/stroke/what_you_can_do.htm.

Warning Signs of Stroke

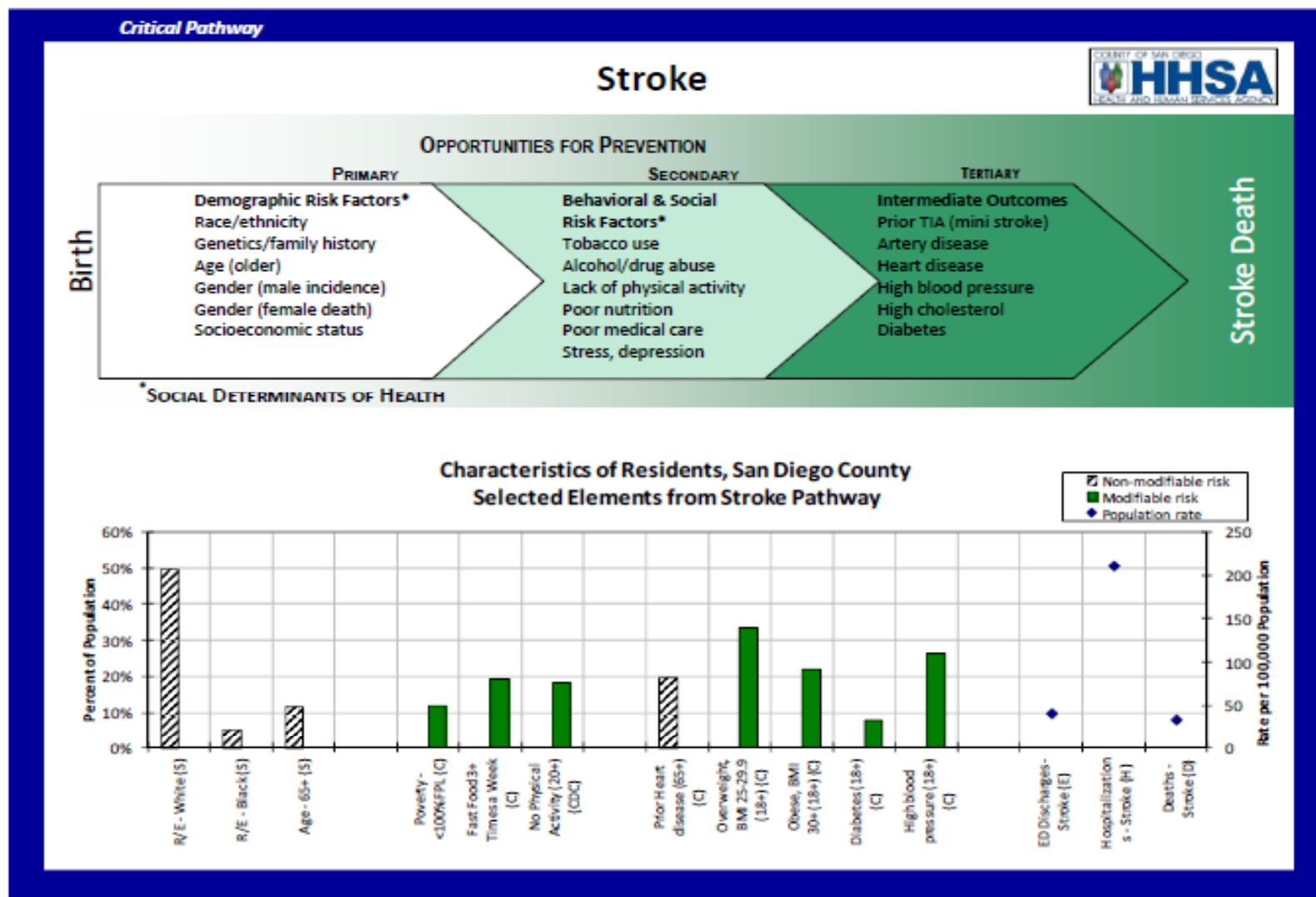
- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden chest pain



If warning signs appear, call 9-1-1 immediately.

Source: Centers for Disease Control and Prevention. Stroke Signs and Symptoms, 2010. http://www.cdc.gov/stroke/signs_symptoms.htm

Critical Pathway for Stroke



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Contact Us

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