**WHAT IS A STROKE?**

A stroke occurs when an artery to the brain becomes blocked or ruptures inhibiting blood flow to the brain. This results in brain damage or tissue death.

**RISK FACTORS**

- **CONDITIONS**
  - Previous stroke
  - High blood pressure
  - High cholesterol
  - Heart disease
  - Diabetes

- **BEHAVIORS**
  - Unhealthy diet
  - Physical inactivity
  - Obesity
  - Too much alcohol
  - Tobacco use

- **FAMILY HISTORY**
  - Genetics
  - Age
  - Sex
  - Ethnicity

1 in 3 US adults has at least one of these risk factors.

Strokes costs the US an estimated **$34 billion** each year.
Only 38% of people knew to call 9-1-1 when stroke symptoms were present.

Signs of a Stroke

Recognize the signs of stroke **F.A.S.T.**

- **FACE**: Ask the person to smile. Does one side droop?
- **ARMS**: Ask the person to raise both arms. Does one arm drift downwards?
- **SPEECH**: Ask the person to repeat a simple sentence. Are the words slurred?
- **TIME**: If the person shows any of these symptoms, call 911 immediately.

Learning the signs of a stroke can HELP SAVE LIVES

Photo courtesy of: www.CDC.gov

Strokes are Preventable!

**Ways to Prevent:**
- Healthy diet
- Healthy weight
- Physical activity
- Limited alcohol consumption
- Control pre-existing health conditions

Talk to your health care team about the **ABCs**

- Aspirin when appropriate
- Blood pressure control
- Cholesterol management
- Smoking cessation

Photo courtesy of: www.millionhearts.hhs.gov

**References:**

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