

INSIGHT ON STROKE

Stroke is a Leading Cause of Serious Long-term Disability, Greatly Effecting Survivors Aged 65 or Older

Stroke Costs the United States an Estimated \$34 Billion Each Year

Anyone at any age can suffer from a stroke, some for seemingly no reason. It is important to recognize stroke as the fifth leading cause of death for Americans. Be prepared for signs and symptoms of this possibly life altering attack.

Please use this guide as a resource for knowledge and understanding of stroke causes, symptoms, complications and prevention.

01 | Cause

About 80 percent of strokes are ischemic strokes which occur when an artery in the brain becomes constricted or blocked. A stroke can occur after trauma causes a blood vessel in the brain to leak or burst. Blood clots are the most common cause of a stroke and can occur for various reasons. Hemorrhagic stroke occurs when blood vessels rupture or leak in the brain.

02 | Symptoms

Symptoms are typically sudden however some experience a stroke and show symptoms over time. The following are possible signs of a stroke:

- Trouble with speaking and understanding
- Paralysis or numbness of the face, arm, or leg
- Blurry vision and difficulty focusing
- Headache
- Complications with walking and difficult muscle control

03 | Complications

A stroke often causes permanent or prolonged disabilities according to how long the brain was deprived of blood flow. Complications experienced may

depend on what area of the brain suffered a stroke. Some complications are:

- Paralysis
- Loss of muscle control
- Memory loss
- Mood swings or emotional problems
- Pain or numbness
- Inability to care for oneself

04 | Prevention

A patient can be more susceptible to stroke due to family history and lifestyle choices. Prevention options are similar to those that prevent heart disease. Consider the following while trying to prevent heart disease.

- Controlling high blood pressure
- Lowering the amount of cholesterol and saturated fat consumed
- Quit smoking or tobacco use
- Maintaining a healthy weight
- Exercise regularly
- Avoid alcohol

To learn more about the dangers of stroke, please visit: <http://www.stroke.org>

Did You Know?

1 out of every 20 deaths is caused by a stroke, about 140,000 deaths a year.

References

<https://www.mayoclinic.org/diseases-conditions/stroke/diagnosis-treatment/drc-20350119>

<https://www.cdc.gov/stroke/facts.htm>