

KNOW ABOUT STROKE



MONTANA
DPHHS

Healthy People. Healthy Communities.
Department of Health & Human Services

Be Stroke Smart

Reduce—Stroke risk



Recognize—Stroke symptoms



Respond—At the first sign of stroke,
CALL 9-1-1 IMMEDIATELY!

Stroke Facts

- Fourth leading cause of death in the U.S.
- 795,000 strokes will occur this year
- 133,000 deaths in the U.S. each year
- 1 stroke about every 40 seconds
- 1 death every 4 minutes

Stroke Facts

- 7,000,000 stroke survivors in the U.S.
- A leading cause of adult disability
- Up to 80% of all strokes are preventable through risk factor management
- Stroke can happen at any age
- Risk doubles every decade after age 55

Women & Stroke

- Stroke kills more than twice as many American women every year as breast cancer
- More women than men die from stroke and risk is higher for women due to higher life expectancy
- Women suffer greater disability after stroke than men
- Women ages 45-54 are experiencing a stroke surge, mainly due to increased risk factors and lack of prevention knowledge

Well-known Stroke Survivors

- President Gerald Ford
- Teddy Bruschi
- Sharon Stone
- Della Reese
- Kirk Douglas
- James Garner
- Mary Kay Ash
- Charles Schultz
- Harry Caray
- Charles Dickens
- Ed Koch
- Ted Williams

Definition of Stroke

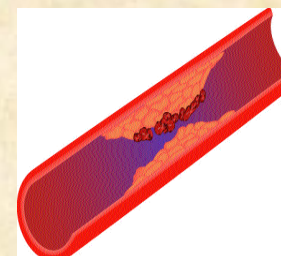
- Sudden brain damage
- Lack of blood flow to the brain caused by a clot or rupture of a blood vessel

Ischemic = Clot

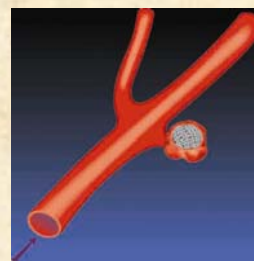
87% of all strokes

Hemorrhagic = Bleed

- Bleeding around brain
- Bleeding into brain



Thrombotic



Stroke is a Brain Attack!

- Every second 32,000 brain cells die
- Every minute 1.9 million brain cells die
- Within 12 minutes 23 million brain cells die

***If you waste time, you waste brain cells!
Call 9-1-1 immediately!***

Stroke Symptoms

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Trouble seeing in one or both eyes
- Sudden confusion, trouble speaking
- Trouble walking or dizziness
- Sudden severe headache or confusion

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

Stroke Strikes FAST

You should, too. Call 9-1-1

F = FACE

Ask the person to smile.

A = ARM

Ask the person to raise both arms.

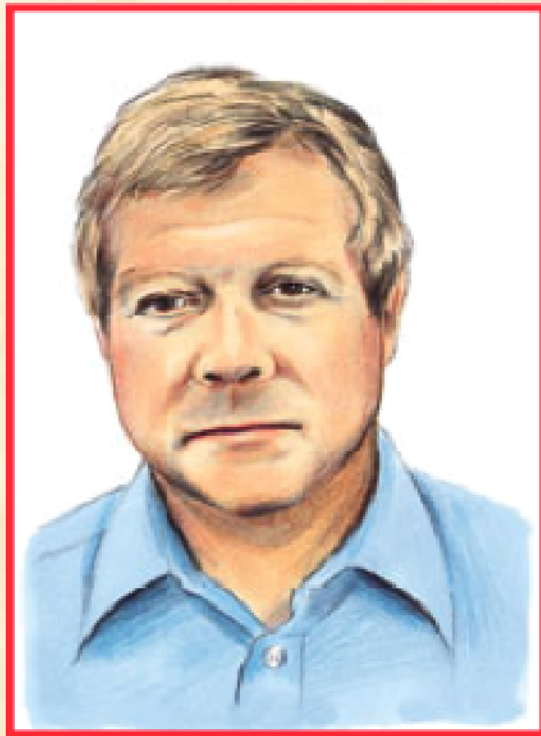
S = SPEECH

Ask the person to speak a simple sentence.

T = TIME

If you observe any of these signs,
call 9-1-1 immediately.

Details of Facial Droop



Details of Arm Drift



Transient Ischemic Attack (TIA)

- TIA is a warning sign of a future stroke – up to 40% of TIA patients will have a future stroke
- Symptoms are the same as stroke
- Symptoms can resolve within minutes or hours (most last 15-30 min. then go away)
- Seek immediate medical attention if you suspect that you are having, or have had, a TIA

Stroke Myths

Myth:

- Is not preventable
- Cannot be treated
- Only strikes elderly
- Happens in the heart
- Recovery ends after 6 months

Reality:

- Up to 80% are preventable
- Requires emergency treatment
- Anyone can have a stroke
- Stroke is a “Brain Attack”
- Recovery can last a lifetime

The Cost of Stroke

Estimated direct and indirect cost of stroke was \$73.7 billion in 2010

The mean lifetime cost of ischemic stroke in the U.S. is about \$140,048

How Do You Prevent Stroke?

Recommended Guidelines for Reducing Stroke from:

Montana Cardiovascular Health Program
&
National Stroke Association



Stroke Prevention Guidelines

1. Know your blood pressure. Check at least annually. If elevated, work with your healthcare professional to control.
2. Find out if you have atrial fibrillation (Afib) – a type of irregular heartbeat. If you have it, work with your healthcare professional to manage it.
3. If you smoke, stop.

Stroke Prevention Guidelines (cont.)

4. If you drink alcohol, do so in moderation.
5. Know your cholesterol number. If it is high, work with your doctor to control it.
6. If you have diabetes, follow your doctor's recommendations carefully to control your diabetes.

Stroke Prevention Guidelines (cont.)

7. Include exercise in your daily routine.
8. Enjoy a lower sodium (salt) and saturated fat diet.
9. If you have circulation problems, work with your healthcare professional to improve your circulation.
10. If you experience any stroke symptoms, call 9-1-1 immediately. Every minute matters!

Stroke Awareness

Know the Signs of Stroke

ACT Immediately

Call 9-1-1



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Stroke is Treatable

- Clot-busting drug tPA approved for use within 3 hours of symptom onset
- tPA is very effective in preventing long-term disability
- Other therapies have proven effective within 6 hours of onset
- Only 1-3% of stroke victims receive treatment with tPA in the U.S.

Acute Stroke Treatments

- **Ischemic Stroke** (brain clot)
 - Clot busting medication: tPA (tissue plasminogen activator)
 - Clot-removing devices: Merci Retriever, Penumbra
- **Hemorrhagic Stroke** (brain bleed)
 - Clipping
 - Coiling

Reasons for Lack of Treatment

- People don't recognize symptoms
- 40% of stroke patients can't name a single sign of stroke or a stroke risk factor
- 75% of stroke victims misinterpret their symptoms
- 86% of patients believe that their symptoms aren't serious enough to seek urgent care

Delay Increases Potential Disability

- People don't know the urgency
- Denial—don't want to believe it's serious
- Think nothing can be done
- Worry about cost
- Think symptoms will go away
- Fear or don't trust hospitals

Stroke Recovery

- 10% of stroke survivors recover almost completely
- 25% recover with minor impairments
- 40% experience moderate to severe impairments requiring special care
- 10% require care within either a skilled-care or other long-term care facility
- 15% die shortly after the stroke

Types of Stroke Rehabilitation

- Physical Therapy (PT)
 - walking, range of movement
- Occupational Therapy (OT)
 - taking care of yourself
- Speech Language Therapy
 - communication skills, swallowing, cognition
- Recreational Therapy
 - cooking, gardening

Lifestyle Changes for Survivors and Caregivers

- Daily living skills
- Dressing and grooming
- Diet, nutrition and eating difficulties
- Skin care problems
- Pain
- Sexuality/Intimacy
- Behavior
- Depression & Anger
- Emotional Liability
- One-sided Neglect
- Memory Loss
- Communication Problems

Types of Recovery Services

- Rehabilitation unit in the hospital
- In-patient rehabilitation facility
- Home-bound therapy
- Home with outpatient therapy
- Long-term care facility
- Community-based programs

**Can YOU name
the Signs of Stroke?**



1-800-STROKES
www.stroke.org



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