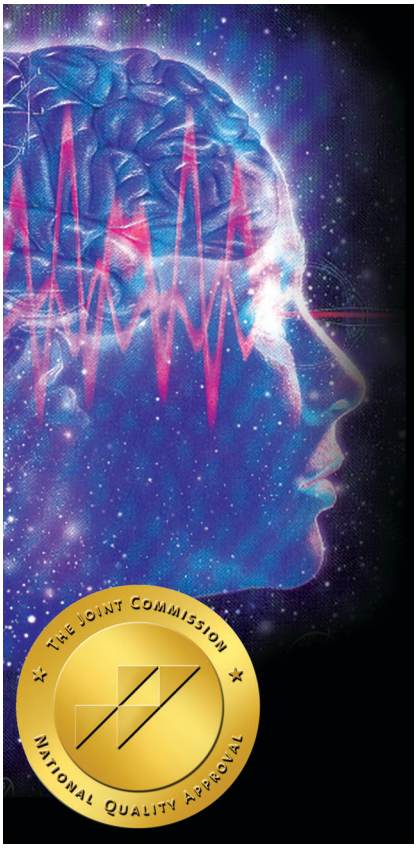

Stroke Awareness

80% of Strokes are Preventable...

Stroke (sometimes referred to as a *"brain attack"*) is a vascular type disease that affects the blood vessels within the brain or leading to the brain. Most strokes occur when there is interruption of blood flow to an area of the brain, causing brain cells to die. This results in brain damage.

STROKE SYMPTOMS

If you or someone you know have any acute stroke symptoms, always **CALL 911** immediately. Stroke symptoms include:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance
- Sudden severe headache with no known cause.

STROKE PREVENTION

Strokes are often preventable with lifestyle modification. The National Stroke Association's stroke prevention guidelines can assist you in learning how to lower the risk for a first stroke. You should consult your doctor on how to best use these guidelines.

1. Know your blood pressure and work with your doctor to reduce high blood pressure
2. Find out if you have atrial fibrillation
3. If you smoke, take steps to quit
4. If you drink alcohol, do so in moderation
5. If you are diabetic, consult your doctor on medication and lifestyle changes
6. Find out if you have high cholesterol
7. Engage in physical activity
8. Enjoy a lower sodium (salt), lower fat diet
9. Ask your doctor if you have circulation problems
10. Know the symptoms of stroke and act **FAST** to get help
11. If you have any acute stroke symptoms, **CALL 911**.

STROKE is an EMERGENCY.
Every minute counts.

ACT F.A.S.T!

Face

Facial droop.
Uneven smile.

Arm

Arm numbness and/or weakness

Speech

Slurred speech. Difficulty speaking/understanding

Time

Call 911 and get to the hospital immediately

What is your risk of stroke?

Every 40 seconds someone in the U.S. will have a stroke. Every 3 to 4 minutes someone will die from stroke. This accounts for 795,000 strokes each year. There are approximately 6 million stroke survivors in the U.S., 15-30% are permanently disabled by their stroke. Complete the stroke risk scorecard to find out your risk, and talk with you doctor about your risk factors and prevention tips.

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk level results.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	❑ 140/90 & higher, or I don't know	❑ 120-139/80-89	❑ Lower than 120/80
Cholesterol	❑ Greater than 240, or I don't know	❑ 200-239	❑ Less than 200
Diabetes	❑ Yes	❑ Borderline	❑ No
Smoking	❑ I still smoke	❑ I'm trying to quit	❑ I'm a non-smoker
Atrial Fibrillation	❑ I have an irregular heartbeat	❑ I don't know	❑ My heartbeat is not irregular
Diet	❑ I'm overweight	❑ I'm slightly overweight	❑ My weight is healthy
Exercise	❑ I'm a couch potato	❑ I exercise sometimes	❑ I exercise regularly
Family History	❑ Yes, I have a family history of stroke	❑ I'm not sure	❑ No family history of stroke
	Total for **High Risk** _____	Total for **Caution** _____	Total for **Low Risk** _____

RESULTS

- If your **High Risk** number is 3 or more, ask your doctor about stroke prevention right away.
- If your **Caution** number is 4-6, work with your doctor to decrease those risk factors you can change.
- If your **Low Risk** is 6-8, congratulations! Your are doing well at controlling your risk.

Conemaugh Health System