

Stroke is the 5th leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel carrying oxygen to the brain is blocked or bursts.

TYPES OF STROKE

A stroke is either caused by a clot or a ruptured vessel preventing blood flow to the brain. A “mini stroke,” or **Transient Ischemic Attack (TIA)**, is caused by a temporary clot.

AM I AT RISK OF A STROKE?

Anyone can have a stroke, but there are certain risk factors that increase your chances. As we age, our risk of stroke increases. There are other health and lifestyle factors that may increase risk, such as:

- High blood pressure: defined as blood pressure **chronically** greater than 130/80
- High cholesterol; total cholesterol greater than 200 or LDL greater than 100, unless you have heart disease or diabetes, then LDL greater than 70
- Diabetes
- Being overweight or obese
- Being inactive
- Consuming too much alcohol
- Using tobacco products or products that contain nicotine

HOW DO I KNOW IF I'M HAVING A STROKE?

To identify a possible stroke, remember acronym “**BE FAST**”

B	E	F	A	S	T
BALANCE Sudden loss of balance?	EYES Loss of vision in one or both eyes?	FACE Face looks uneven?	ARMS Arm or leg weak/hanging down?	SPEECH Speech slurred? Trouble speaking or seem confused?	TIME Call 911 NOW!

HOW TO DECREASE YOUR RISK OF HAVING A STROKE?

- Get an annual assessment of your Adult BMI
- Control High Blood Pressure
- Patients with cardiovascular disease or diabetes should receive statin therapy
- If you have diabetes, make sure you are receiving comprehensive diabetes care
- Make sure you are taking your medications correctly and as prescribed.

HOW IS STROKE DIAGNOSED?

Your doctor will perform several tests to determine if you are experiencing a stroke, including:

- Asking you when the symptoms started; this is important in identifying what treatment is best for you
- Reviewing your medical history
- Completing a neurological exam
- Drawing blood for lab tests
- Completing imaging of the brain to determine what type of stroke, if any, is occurring
- Other tests as needed

PREVENTING A STROKE



Eat a healthy diet.



Be physically active.



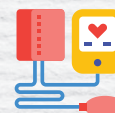
Maintain a healthy weight.



Don't smoke or use other tobacco products or products that contain nicotine.



Limit alcohol use.



Prevent or treat health conditions, specifically, high cholesterol, high blood pressure, and diabetes.