

What if YOU knew that EVERYONE in Conecuh, Cleburne, and Hale Counties was going to have a life-threatening medical emergency this year...



leaving over 2,700 Alabamians dead and thousands more seriously disabled.

WOULD YOU TRY TO DO SOMETHING TO HELP?



**Delta
States
Stroke
Network**

**EVERY YEAR,
there are about
46,000 reported
cases of stroke in
Alabama, and over
2,700 Alabamians
lose their lives
battling a stroke.**

WHY SHOULD ALABAMA LEGISLATORS BE CONCERNED?

In Alabama, the stroke death rate is 1.3 times the national average, and the state ranks second in stroke mortality in the United States. Over 2,700 Alabamians die from stroke each year.

Stroke drains the economy. In Alabama, there are about 46,000 reported cases of stroke each year, with an annual price tag of \$260 million in medical expenses and \$420 million in lost productivity.

Stroke care is insufficient and fragmented in Alabama. Without adequate treatment — within three hours of the first symptoms, stroke victims can suffer severe neurological damage or death.

Awareness of stroke warning signs and the need for urgent care is dangerously low. Only 17% of Alabamians are aware of all the correct symptoms of a stroke and the need to call 911.

Many Alabamians have a ticking time bomb—inside them. Two of the most common causes of stroke are high blood pressure and high cholesterol. Smoking doubles the risk for stroke. **33% of Alabamians have high blood pressure, over 39% have high cholesterol, and 22.5% smoke.**

WHAT CAN ALABAMA LEGISLATORS DO?

Advocate for a stroke system of care. Coordinated stroke response and care gives stroke victims in Alabama access to the most effective treatment.

Support efforts to fund certified primary stroke centers. Stroke centers are medical facilities staffed by health care professionals with specific training in rapidly diagnosing and treating strokes. **There are only two certified primary stroke centers in Alabama (Decatur and Huntsville).**

Promote stroke awareness campaigns. Awareness of stroke warning signs and the need to call 911 saves lives and reduces disability.

Make healthy choices easier. Support policies and programs that will help Alabamians make lifestyle and behavior changes to reduce their risk for stroke. **80% of strokes can be prevented.**

Extend insurance coverage. Support policies that include health care coverage for chronic disease prevention, such as tobacco cessation and blood pressure and cholesterol screening, treatment and control.

Support policies focused on Alabamians at high risk for stroke. Implement programs focused on high-risk groups such as African-Americans, Hispanics, uninsured, low-income Alabamians, and the elderly.

WHAT IS A STROKE?

A stroke happens when the blood supply to the brain is cut off or when a blood vessel bursts. Without oxygen, brain cells begin to die and death or permanent disability can result.

The five warning signs of stroke are:

- Sudden numbness or weakness of the 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, loss of balance or coordination;
- Sudden severe headache with no known cause.

**Stroke is an emergency.
Call 911**