

Stroke



**Delta
States
Stroke
Network**

Alabama • Arkansas • Louisiana • Mississippi • Tennessee



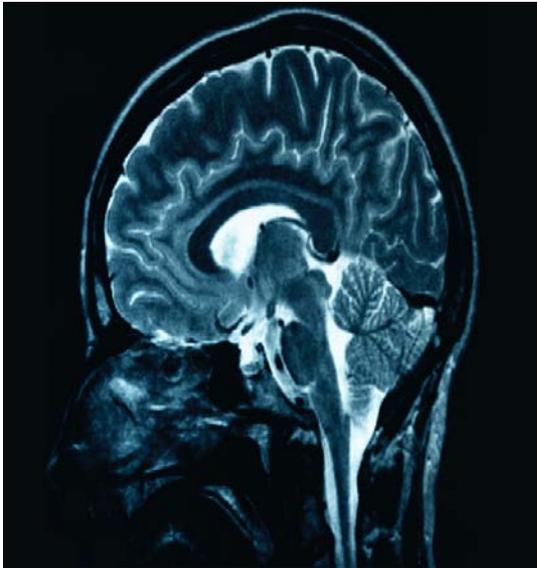
Stroke Facts

- About 795,000 Americans experience a Stroke (or Brain Attack) each year. About 610,000 of these are first attacks and 185,000 are recurrent attacks.¹
- Stroke is the third leading cause of death² and remains the leading cause of disability in the United States.³
- The key to survival is being able to recognize the symptoms of a stroke and getting fast treatment at a hospital that can treat the stroke.
- Early detection and immediate treatment may prevent further injury to the brain.
- Remember, time lost really is brain lost!

What is a Stroke?

A stroke, or *brain attack*, are terms that are used to describe the damage that happens in the brain when an obstruction blocks a blood vessel or artery, or when a blood vessel breaks, interrupting blood flow to an area of the brain.

Types of Stroke



There are actually *two* types of strokes:

- Ischemic/embolic/dry strokes which make up approximately 87% of all strokes⁴ and,
- Hemorrhagic/wet strokes which make up approximately 13% of all strokes.⁵

Transient Ischemic Attack or T.I.A.

Transient Ischemic Attack or TIA occurs when something causes a temporary problem or interruption with blood flow in the brain. This causes the same symptoms as a stroke but they only last for a few seconds to a few minutes.

Transient Ischemic Attacks or TIA are also known as “mini” strokes.

Transient Ischemic Attacks are often the warning sign that a big stroke is about to happen, so get immediate medical attention to prevent a stroke.

Do You Know The Signs of A Stroke?



Know the Symptoms of a Stroke

- Sudden numbness (face, arm, leg, one side of the body)
- Sudden weakness
- Sudden difficulty speaking (or understanding speech)
- Sudden blurred vision (or sudden change in vision)
- Sudden dizziness
- Sudden, severe headache of unknown cause

Know the Symptoms of a Ruptured Brain Aneurysm

- Nausea and vomiting
- Stiff neck or neck pain
- Blurred or double vision
- Pain above and behind the eye
- Dilated pupils
- Sensitivity to light
- Loss of sensation (feeling)



Know the Symptoms of an Unruptured Brain Aneurysm



- **Peripheral vision defects**
- **Thinking or processing problems**
- **Speech complications**
- **Perceptual problems**
- **Sudden changes in behavior**
- **Loss of balance & coordination**
- **Decreased concentration**
- **Short-term memory difficulty**
- **Fatigue**

Stroke Facts – Slide 1

- On average, every 40 seconds someone in the United States has a stroke.⁶
- Stroke kills about 137,000 people a year. It's the 3rd leading cause of death, following diseases of the heart and cancer.⁷
- About every 4 minutes someone dies of stroke.⁸
- Of every 5 deaths from stroke, 2 occur in men and 3 in women.⁹

Stroke Facts – Slide 2

- The 2006 stroke death rates per 100,000 population for specific groups were 42 for white males and 67 for black males; 41 for white females and 57 for black females.¹⁰
- In 2010, Americans will pay about *\$74 billion* for the direct and indirect cost of stroke.¹¹

Stroke Facts – Slide 3

- **Stroke devastates the Delta:**¹²
 - Alabama – 46,000 cases, 2,700 deaths
 - Arkansas – 32,000 cases, 1,900 deaths
 - Louisiana – 39,000 cases, 2,200 deaths
 - Mississippi – 27,000 cases, 1,600 deaths
 - Tennessee – 59,000 cases, 3,400 deaths
- Arkansas, Alabama, Tennessee, Mississippi, and Louisiana rank as numbers 1, 2, 3, 4, and 7, respectively, in stroke mortality in the US. ¹³
- The annual medical cost to treat stroke in the 5-state region totals \$1.2 billion. ¹⁴

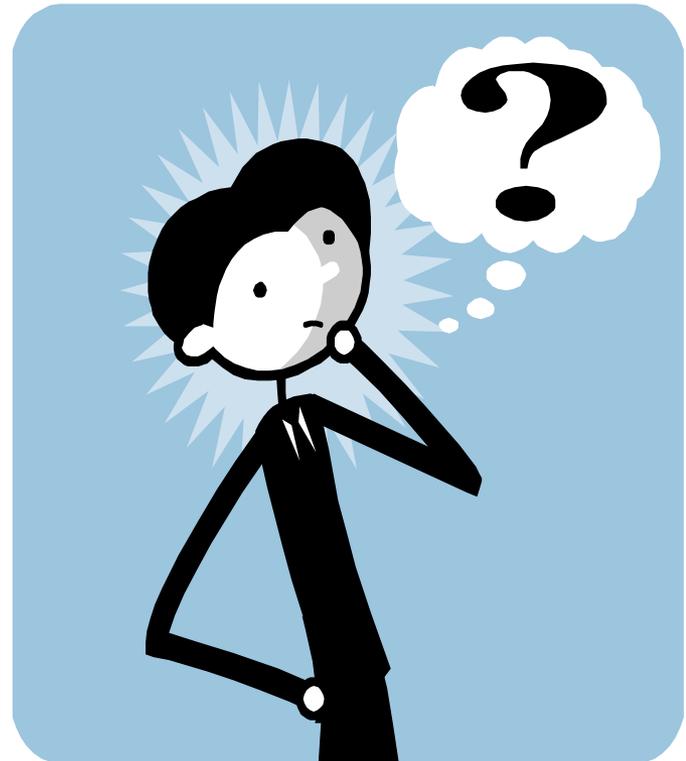
Am I at Risk for a Stroke?

- Heredity
- Age
- Sex
- Heart disease (high blood pressure and arrhythmias)
- Previous TIA or stroke



Am I at Risk for a Stroke?

- **Smoker**
- **Obesity**
- **High cholesterol levels**
- **Diabetes**



If I Think that I'm at Risk for a Stroke, What Can I Do?



- **Identify your risk factors.**
- **Get regular physical examinations.**
- **Modify your lifestyle to minimize your risk factors.**

What If I Experience Symptoms of a Stroke?

Don't wait to see if the symptoms will just go away – **Call 911** and seek *immediate treatment!*

Time is *crucial* in treatment of a stroke and how much residual damage occurs.

Thank you for your time....

- Remember what you've learned today.
- Share what you've learned with family and friends.
- Know your risks.
- Improve your odds to prevent stroke.



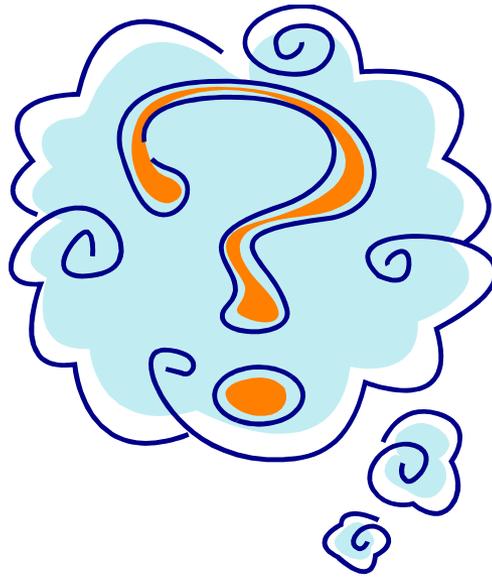
Are You at Risk for a Stroke?



**Talk to your doctor
about taking a
stroke risk
assessment.**

**Prevention is your
best treatment!**

Questions?



Citations

- ¹⁻¹¹ American Heart Association. *Heart Disease and Stroke Statistics—2010 Update*. Dallas, TX: American Heart Association; 2010;(1-40)10. American Stroke Association Website. Available at http://www.americanheart.org/downloadable/heart/1265665152970DS-3241%20HeartStrokeUpdate_2010.pdf.
- ¹²Centers for Disease Control and Prevention, National Center for Health Statistics. *Compressed Mortality File 1999-2006*. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2006 Series 20 No. 2L, 2009. Accessed at <http://wonder.cdc.gov/cmfi-icd10.html> on Apr 12, 2010 11:40:13 AM.
- ¹³ American Heart Association. *Heart Disease and Stroke Statistics—2010 Update*. Dallas, TX: American Heart Association; 2010;(1-40)10. American Stroke Association Website. Available at http://www.americanheart.org/downloadable/heart/1265665152970DS-3241%20HeartStrokeUpdate_2010.pdf.
- ¹⁴Milken Institute. *An Unhealthy American: The Economic Burden of Chronic Disease*. Milken Institute, Chronic Disease Impact Website. Available at: <http://www.chronicdiseaseimpact.com/ebcd.taf>.