

# May is Stroke Awareness Month

## What is a stroke?

A stroke occurs when there is something preventing blood flow to the brain. This can be due to a blockage from a blood clot – called ischemic stroke, or when there is a rupture in the blood vessel causing bleeding into the brain – hemorrhagic stroke.

## Do you know the signs of stroke?

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



## Do you know what to do?

***Call 911 to get the person to the Emergency Department quickly.***

# TIME IS BRAIN!

## Do you know the risk factors for stroke?

- High blood pressure (the number one risk factor for ischemic stroke)
- Drug abuse (heroin, cocaine, amphetamines)
- Narrowing of arteries supplying the brain due to atherosclerosis
- High cholesterol levels (specifically, high LDL "bad" cholesterol)
- Smoking
- Diabetes
- Atrial fibrillation (abnormal heart rhythm)
- Use of birth control pills , if you are over 35 years old and smoke
- Hormone replacement therapy
- Prior stroke or heart attack
- Prior transient ischemic attack (TIA)—Some people experience a "warning stroke" or TIA. This is a temporary interruption of the brain's blood supply (mini-stroke). These are stroke symptoms that resolve completely within minutes. They may signal a very high risk of having a full-blown stroke in the near future.
- Age: 60 or older
- Family members who have had a stroke
- Gender: males are at greater risk
- Race: Black, Asian, Hispanic
- Sickle cell disease
- Valvular heart disease, such as mitral stenosis

***If you or someone you know is having signs and symptoms of stroke, call 911 for rapid transport to the ED.***

Reference:

<http://www.netwellness.org/healthtopics/brainattack/basigns.cfm>