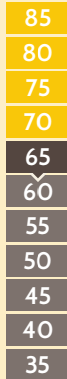


Preventing Stroke

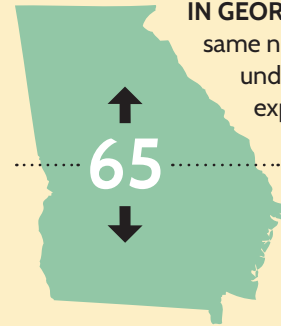
Who is at risk for stroke?

Anyone can experience a stroke regardless of age, race or sex.

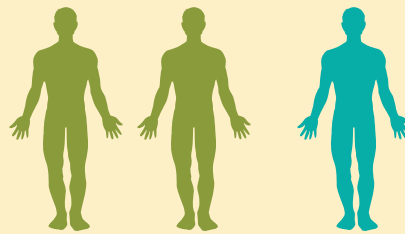


34%

Although stroke risk increases with age, strokes can – and do – occur at any age. In 2009, **34 percent** of people hospitalized for stroke were **younger than 65**.³



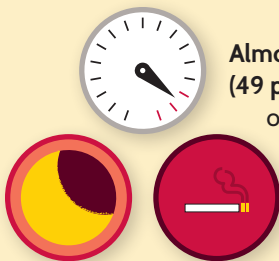
IN GEORGIA, roughly the same number of people under the age of 65 experience a stroke, as over the age of 65 (17,223 under 65 and 17,447 over 65), according to the Georgia Hospital Association.



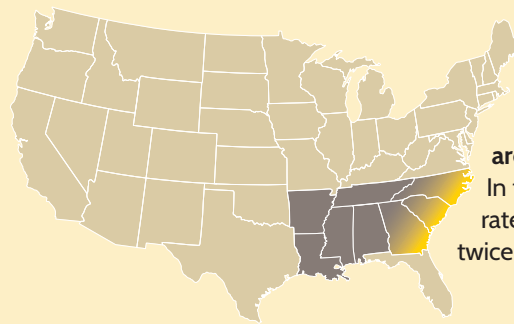
The risk for African Americans is **twice** that of Caucasians.^{2,3}

55,000 ♀

About 55,000 more women than men have a stroke each year.¹



Almost half of Americans (49 percent) possess at least one of three major risk factors for strokes: high blood pressure, high cholesterol and smoking.³



The country's highest death rates from stroke are in the Southeast. In the stroke belt, death rates from stroke are almost twice the national average.²

People who have already had a stroke are also at risk.



Nearly **one in four** strokes occur in people who have had a previous stroke.³

43%

After having a stroke, a person is **43 percent** more likely to experience a second stroke.



About **40 percent** of stroke survivors will have a serious fall within one year after their first stroke.



Take the stroke risk quiz on the next page.

80% of strokes are preventable.

Visit myshepherdconnection.org/stroke to learn about prevention.



Shepherd Center

Stroke Risk Quiz



American Heart Association

American Stroke Association

Together to End Stroke™

Directions:

- For each risk factor, select the box (higher risk or lower risk) that applies to you. Select only one box per risk factor.
- Enter a 1 on the blank line next to each checked box.
- Add up your total for each vertical column.

Risk Factors*	Higher Risk	Lower Risk
Is your blood pressure greater than 120/80 mm/Hg?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with atrial fibrillation?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your fasting blood sugar greater than 100 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your body mass index greater than 25kg/m ² ?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Is your total blood cholesterol greater than 180 mg/dL?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Have you been diagnosed with diabetes mellitus?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?	<input type="checkbox"/> No or Unknown _____	<input type="checkbox"/> Yes _____
Do you have a family history of stroke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
Do you smoke?	<input type="checkbox"/> Yes or Unknown _____	<input type="checkbox"/> No _____
TOTAL SCORE (add your points for each column)	_____	_____

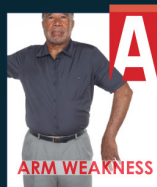
Stroke Risk Results

*Some stroke risk factors cannot be changed such as age, family history, race, gender, and prior stroke.

Higher Risk

Did you score higher in the “higher risk” column or are you unsure of your risk? Talk to your healthcare provider about how you can reduce your risk.

Learn How to Spot a Stroke



Call 9-1-1 Immediately

May is American Stroke Month. Help us end stroke and share this with your loved ones.

StrokeAssociation.org/strokemonth