Preventing Stroke

Who is at risk for stroke?

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

Stroke affects about 6 in 100,000 children.\(^1\)

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.

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.\(^2\)

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.\(^3\)

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The risk for African Americans is twice that of Caucasians.\(^2,3\)

55,000

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.

80% of strokes are preventable.

Visit myshepherdconnection.org/stroke to learn about prevention.

REFERENCES:
1. National Stroke Association
2. stroke.nih.gov/materials/strokechallenges.htm
3. www.cdc.gov/stroke/facts.htm
4. American Heart Association/American Stroke Association

shepherd.org/stroke#resources
# Stroke Risk Quiz

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

<table>
<thead>
<tr>
<th>Risk Factors*</th>
<th>Higher Risk</th>
<th>Lower Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is your blood pressure greater than 120/80 mm/Hg?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Have you been diagnosed with atrial fibrillation?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Is your fasting blood sugar greater than 100 mg/dL?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Is your body mass index greater than 25kg/m²?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Is your diet high in saturated fat, trans fat, sweetened beverages, salt, excess calories?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Is your total blood cholesterol greater than 180 mg/dL?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Have you been diagnosed with diabetes mellitus?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Do you participate in 40 minutes of moderate to vigorous physical activity 3-4 days a week?</td>
<td>No or Unknown</td>
<td>Yes</td>
</tr>
<tr>
<td>Do you have a family history of stroke?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
<tr>
<td>Do you smoke?</td>
<td>Yes or Unknown</td>
<td>No</td>
</tr>
</tbody>
</table>

**TOTAL SCORE** (add your points for each column)

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# 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.

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# Learn How to Spot a Stroke

**FAST**

- FACE DROOPING
- ARM WEAKNESS
- SPEECH DIFFICULTY
- TIME TO CALL 911

**Call 9-1-1 Immediately**

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

[StrokeAssociation.org/strokemonth](http://StrokeAssociation.org/strokemonth)