

# STROKE:

## Know the Facts, Save a Life

### FACTS

# 55,000

About 55,000 more women than men have a stroke each year<sup>4</sup>.  
([CDC.gov/stroke](http://CDC.gov/stroke))



A stroke occurs every **40 seconds** in the United States<sup>4</sup>.

Increased awareness about **stroke symptoms** and risk factors can prevent some strokes.

Look for changes in:

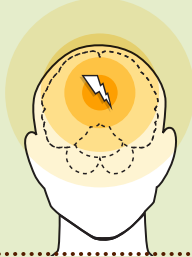
**F** Face   **A** Arms   **S** Speech Swallow   **T** Time

[www.shepherd.org/stroke#resources](http://www.shepherd.org/stroke#resources)

# 80%

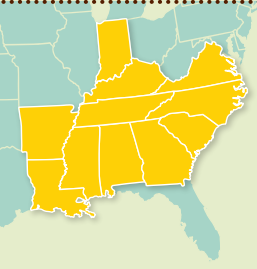
Studies show that up to **80 percent of strokes can be prevented** by working with a healthcare professional to reduce personal risk.

On average, one American dies from stroke every **4 minutes**<sup>4</sup>.

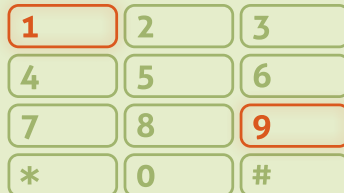


# 0:04

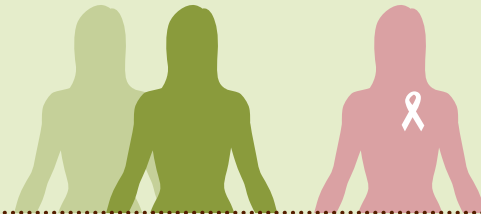
The southeastern United States, including Georgia, is the **"Stroke Belt"**<sup>4</sup>.



Half of all Americans who have strokes do not **call 911**<sup>1</sup>.



Stroke kills nearly **twice as many American women** every year as breast cancer<sup>2, 3</sup>.



Do you know if you are at risk?

[mylifecheck.heart.org/stroke.org/riskfactors](http://mylifecheck.heart.org/stroke.org/riskfactors)

### UNCONTROLLABLE RISK FACTORS

- ✓ Age
- ✓ Race
- ✓ Gender
- ✓ Family history
- ✓ History of previous stroke

### CONTROLLABLE RISK FACTORS

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Diabetes
- ✓ Atrial fibrillation (irregular/rapid heart rate)
- ✓ Atherosclerosis (thickening of artery walls)
- ✓ Circulation problems
- ✓ Obesity
- ✓ Physical inactivity
- ✓ Tobacco use
- ✓ Alcohol use

Continued on back ▶



Shepherd  
Center

[shepherd.org/stroke#resources](http://shepherd.org/stroke#resources)

**LIFESTYLE CHANGES**

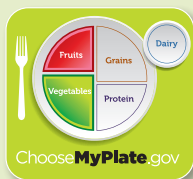


**Get a health checkup** for diagnosis, risk and management of blood pressure, blood sugar, lipid levels, weight and vascular disease.

[heart.org/HighBloodPressure](http://heart.org/HighBloodPressure)

[heart.org/diabetes](http://heart.org/diabetes)

[heart.org/cholesterol](http://heart.org/cholesterol)



**Eat a healthy balanced diet:**

Lots of fresh fruits and vegetables, high in dietary fiber (e.g., whole grains, foods low in saturated fat, lowfat dairy products, protein from plant sources and lean meats, foods low in salt.

[choosemyplate.gov](http://choosemyplate.gov)

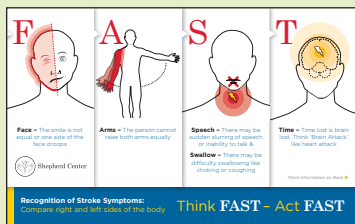
**Research shows that high blood pressure can be prevented - and lowered -** by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less salt and sodium.

[dashdiet.org](http://dashdiet.org)

**Rx Comply with your medicine prescriptions.**



**Use technology**, such as a pillbox with timer, a phone alarm or watch alarm, to get reminders to take your medication.



Educate yourself on symptoms of stroke so you can act FAST. Download an information card at:

[www.shepherd.org/stroke#resources](http://www.shepherd.org/stroke#resources)



**Exercise regularly.** Studies show that for every hour of walking, life expectancy may increase by two hours.



Walking for as few as **30 minutes** a day provides heart health benefits.

Walking is the single most effective form of exercise to achieve heart health.

[heart.org/GettingHealthy](http://heart.org/GettingHealthy)



**Quit smoking.** Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot.

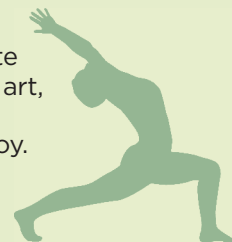
[heart.org/QuitSmoking](http://heart.org/QuitSmoking)

**Stop alcohol use.**



Alcohol use has been linked to stroke in many studies. Alcohol can negatively interact with drugs you are taking.

**Manage stress.** Participate in yoga, Tai Chi, gardening, art, fishing, nature walks, or any other activity you enjoy.



**References:**

1. JAMA, March 2012
2. American Heart Association. Heart Disease and Stroke Statistics: 2013 Update. U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999–2008 Incidence and Mortality Web-based Report. Atlanta (GA).
3. Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2012. Available at: [www.cdc.gov/uscs](http://www.cdc.gov/uscs). Accessed Jan. 4, 2013.
4. [CDC.gov/stroke](http://CDC.gov/stroke)

