



Facts



About
55,000
more women than men
have a stroke each year¹.



A stroke occurs every
40 seconds
in the United States⁴.

Studies show that up to
80% of strokes
can be prevented
by working with a
healthcare professional
to reduce personal risk⁴.

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

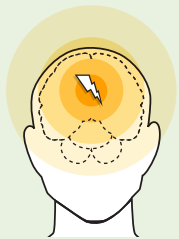
Remember:

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



» shepherd.org/stroke-resources

The southeastern United States, including Georgia, is the
"Stroke Belt"⁴.



0:04

On average, one American
dies from stroke every
four minutes⁴.



911

Only 38% of Americans
were aware of all major
stroke symptoms and
knew to call 9-1-1 when
someone was having
a stroke³.



Strokes kill nearly
twice as many
American women
every year as breast
cancer².



Uncontrollable Risk Factors

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



Controllable Risk Factors

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

Do you know if you are at risk?

Visit mylifecheck.heart.org/stroke.org/riskfactors to find out.



Lifestyle Changes



Comply with your **medicine prescriptions.**

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



Get a health checkup.

For diagnosis, risk and management of blood pressure, blood sugar, lipid levels, weight and vascular disease.



» heart.org/HighBloodPressure

» heart.org/diabetes » heart.org/cholesterol

Eat a healthy balanced diet.

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

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



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



Quit smoking.

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



Stop alcohol use.

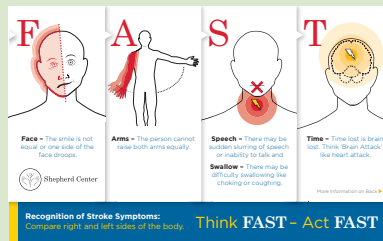
Alcohol use has been linked to stroke in many studies. Alcohol can negatively interact with drugs you are taking.

Manage stress.

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



» heart.org/QuitSmoking



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



» shepherd.org/stroke-resources



Shepherd Center

References:

1. American Stroke Association - stroke.org
2. National Center for Health Statistics. Underlying Cause of Death 1999-2018, Multiple Cause of Death Files, 1999-2018. CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2020. Accessed August 5, 2020.
3. Fang J, Keenan NL, Ayala C, Dai S, Merritt R, Denny CH. Awareness of stroke warning symptoms—13 states and the District of Columbia, 2005. *MMWR* 2008;57:481–5.
4. cdc.gov/stroke/

» shepherd.org/stroke-resources