

Strokes

Facts about the #1 cause of adult disability in the U.S.

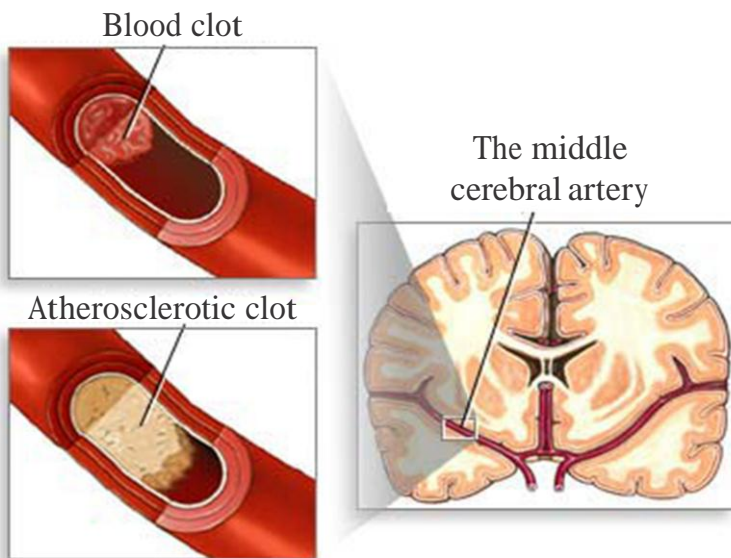


. Don't Feel Guilty ∞
You Can't Do It All!

What is a Stroke?

A stroke occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory.

It is the No. 3 cause of death in the United States, behind diseases of the heart and cancer. It is the leading cause of adult disability in the U.S. The good news is that strokes can be treated and prevented, and many fewer Americans now die of stroke than was the case even 15 years ago. Better control of major stroke risk factors — high blood pressure, smoking and high cholesterol — is likely responsible for the decline.



Caring For Stroke Victims

An attentive caretaker can notice the warning signs of an initial stroke or recurrence, and fast action is essential in limiting brain damage.

When stroke patients are released from the hospital, Professional Caretakers can help them adjust to home life. According to the National Stroke Association, caretakers must encourage as much independence as possible, allow patients to make decisions, and support participation in leisure activities.

Warning Signs of Stroke

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

“Mini” Strokes (TIAs)

Recognizing the significance of a transient ischemic attack (TIA or “mini-stroke”) is one important way to reduce your risk of having a subsequent stroke. According to the National Stroke Association, more than one-third of people who have a TIA will have a full-blown stroke—usually soon after the TIA.

Remember, symptoms may be different from person to person. *If you experience any of these symptoms or think you may be having a TIA or stroke, call 911 immediately.*

Need more information?

National Stroke Association
1-800-787-6537
www.stroke.org

American Stroke Association
1-888-478-7653
www.strokeassociation.org

The Mayo Clinic
www.mayoclinic.com/health/stroke/DS00150