

# Disrupt stroke

before it completely  
disrupts your life.



**Know  
Stroke**



**NIH**

National Institute of  
Neurological Disorders  
and Stroke

# **Take action against stroke.**

Stroke, a leading cause of disability and death, can take away your ability to talk, walk, and think clearly. You can disrupt stroke with prevention and immediate treatment.

# Every second counts

The longer blood flow to the brain is cut off, the greater the damage. Getting to a hospital quickly saves lives and increases the chances for successful recovery.

## Stroke can happen to anyone — even if you're young

About 800,000 people have a stroke each year in the United States. While nearly three-quarters occur in people over 65 and the risk about doubles each decade after age 55, the stroke rate is rising in young adults under age 49.

## What causes stroke

Stroke occurs when blood flow to the brain is interrupted. When this happens, brain cells in the immediate area stop getting the oxygen and nutrients they need to function and begin to die.

## The two major types of strokes

About 80% are ischemic strokes, which are caused by a blood clot that blocks blood vessels or arteries in the brain. The rest are hemorrhagic strokes, caused by a blood vessel in the brain that breaks and bleeds into the brain.

## **Prevention is the best treatment**

**There are several factors that can increase stroke risk, including:**

- High blood pressure (hypertension)
- Heart disease
- Smoking
- Diabetes
- High cholesterol
- Physical inactivity
- Obesity

**These changes can help prevent stroke and reduce the risk of additional strokes:**

- Control high blood pressure
- Stop smoking
- Exercise regularly and maintain a healthy weight
- Lower your cholesterol levels
- Get checked by a doctor for heart disease
- Manage diabetes

Stroke survivors should speak to their healthcare provider about medications and the lifestyle changes they should make to help prevent further strokes.



# Act F.A.S.T. to Save Lives



## F

### Face Drooping

Does one side of the face droop when smiling?



## A

### Arm Weakness

When arms are raised, does one drift down?



## S

### Speech Difficulty

Is speech slurred or strange?



## T

### Time to Call 911

Do not drive — call an ambulance immediately.

## More sudden stroke symptoms

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### Numbness

or weakness of face, arm, or leg, especially on one side of the body

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### Confusion

trouble speaking, or trouble understanding

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### Trouble Seeing

in one or both eyes

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### Trouble Walking

dizziness, or loss of balance or coordination

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### Severe Headache

with no known cause

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# A world leader in stroke research

The National Institute of Neurological Disorders and Stroke (NINDS) conducts and funds the research at the NIH and major medical institutions.

Learn more about stroke, including how to deal with all of its effects—the seen and the unseen. And find out about actively recruiting clinical trials conducted and funded by NINDS.



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