

Warning Signs of Stroke

Learn the many warning signs of a stroke. Act **FAST** and **CALL 9-1-1 IMMEDIATELY** at any sign of a stroke. Use **FAST** to remember warning signs:

F **FACE:** Ask the person to smile. Does one side of the face droop?



A **ARMS:** Ask the person to raise both arms. Does one arm drift downward?



S **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T **TIME:** If you observe any of these signs, call 9-1-1 immediately.

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within *three hours* of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

LEARN ABOUT MORE SUDDEN SIGNS OF STROKE AT



National Stroke Association's mission is to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.

A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die.

CALL 9-1-1 IMMEDIATELY IF YOU SEE ONE OR MORE SIGNS OF A STROKE.



1-800-STROKES
(787-6537)

www.stroke.org

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African Americans and Stroke



How African Americans are affected by stroke



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African Americans and Stroke

What is stroke?

Stroke is a “brain attack” that occurs when blood, which brings oxygen to your brain, stops flowing and brain cells die. For all racial groups, stroke is the third leading cause of death in the U.S. and a leading cause of adult disability.

How does stroke affect African Americans?

African Americans are twice as likely to die from a stroke as whites. The rate of strokes in African Americans is almost double that of whites, and strokes occur earlier in life for African Americans than whites. In addition, African American stroke survivors are more likely to become disabled and experience difficulties with daily living and activities.

The statistics are staggering. African Americans are more impacted by stroke than any other racial group.

Other facts

- African American women have a lower one-year survival following ischemic stroke (a stroke caused by a blood clot) compared with whites
- Among those aged 20 to 44 years, African Americans are 2.4 times more likely to have a stroke compared with whites
- African Americans are significantly less likely to receive tissue plasminogen activator (tPA), the only FDA-approved treatment for stroke, compared with whites

Why?

Not all of the reasons are clear why African Americans have an increased risk of stroke. However, risk factors certainly play a major role in the risk of having a stroke.

Risk factors

There are some stroke risk factors that cannot be controlled, such as age, gender, race, family history and previous stroke or transient ischemic attack (TIA). But if you have one or more of the following controllable risk factors, you should learn about changes you can make to prevent a stroke.

Many controllable risk factors are either lifestyle or medical risk factors. Lifestyle risk factors, such as smoking, excessive alcohol use and being overweight, can often be controlled by quitting smoking, managing exercise/diet and limiting alcohol consumption.



Medical risk factors, such as high blood pressure, high cholesterol, diabetes and atrial fibrillation, can often be controlled by surgery, medication and a healthier lifestyle. Talk with your healthcare professional about risk factor management and take any prescribed medication regularly.

Stroke Prevention Guidelines

Ask your healthcare professional how to reduce your risk of stroke.

1. Know your blood pressure.
2. Find out from your healthcare professional whether you have atrial fibrillation.
3. If you smoke, stop.
4. If you drink alcohol, do so in moderation.
5. Find out if you have high cholesterol.
6. If diabetic, follow your healthcare professional's recommendations to control your diabetes.
7. Include exercise in the activities you enjoy in your daily routine.
8. Enjoy a lower-sodium (salt), lower-fat diet.
9. Ask your healthcare professional if you have circulation (blood flow) problems that increase your stroke risk.