



**American
Stroke
Association.**

*A division of the
American Heart Association.*

Preventing Another Stroke

American Stroke Association

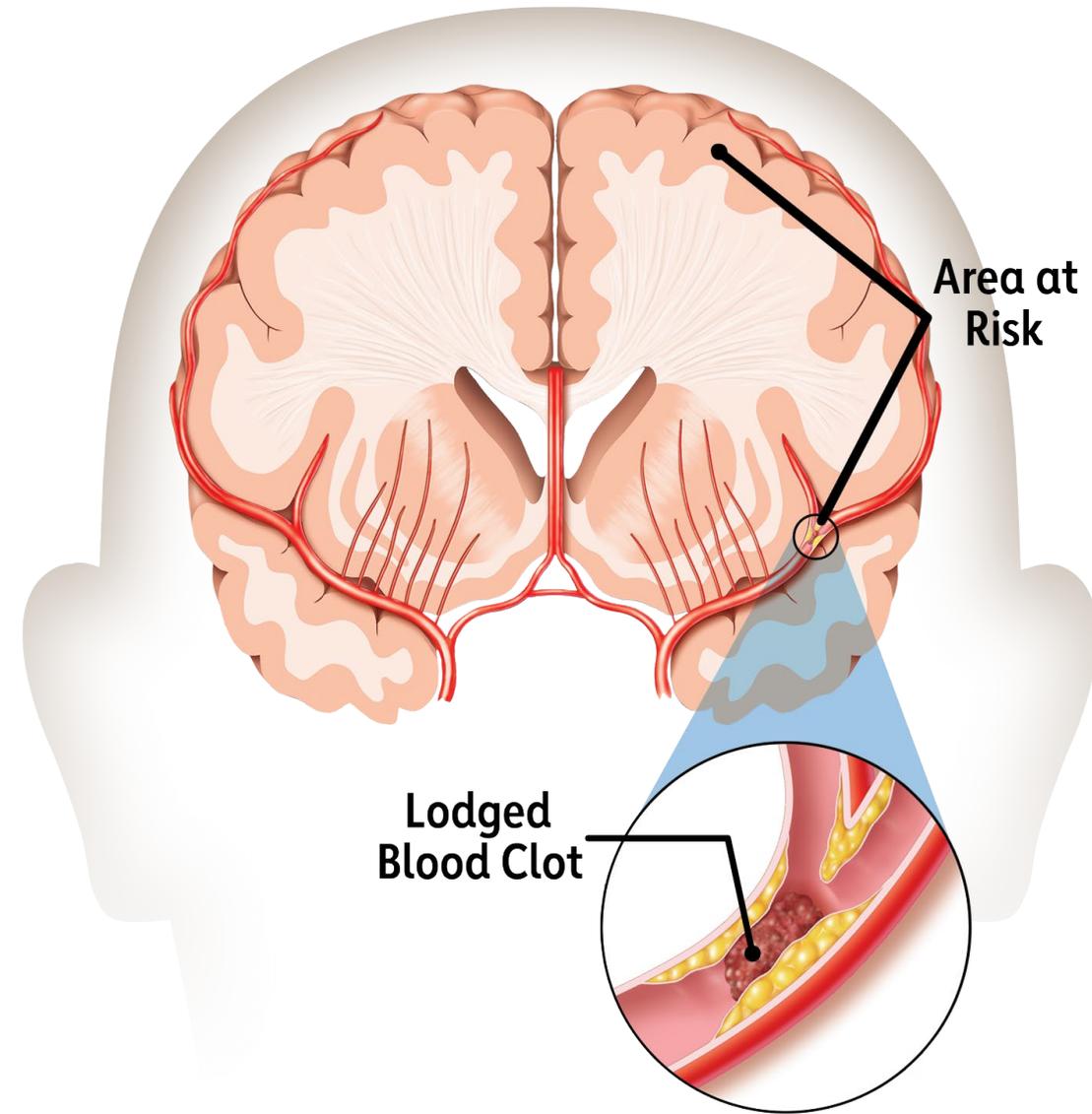




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- Stroke is a “brain attack”.
- A stroke occurs when the flow of blood to the brain is either blocked or bursts.
- As a result, part of the brain does not get the blood it needs, so it starts to die.

What is a Stroke?



How Common is Stroke?

Stroke has a large impact on society, with **nearly 7 million** stroke survivors in the U.S.

Stroke accounts for about **1 of every 19** deaths in the U.S.

Someone dies of stroke every **3 minutes and 33 seconds.**

Stroke is a leading cause of serious long-term disability in the U.S.

Some people who have a stroke will make a full recovery.

But **more than 2/3 of survivors** will have some type of disability.

Every year, about **800,000 people** in the U.S. have a stroke, with about **185,000** being recurrent strokes.

1 in 4 stroke survivors will have another.

Effects of Stroke

After a stroke, you may have emotional and physical changes.

Depending on the amount of brain damages and the part of your brain that was affected, you might have problems with:

PHYSICAL CHANGES

- Paralysis or loss of ability to move your body parts
- Seizures
- Seeing (visual problems)
- Bladder or bowel incontinence
- Pain
- Fatigue
- Swallowing problems
- Headaches
- Balance problems
- Memory struggles
- Difficulty speaking (aphasia)
- Thinking difficulties

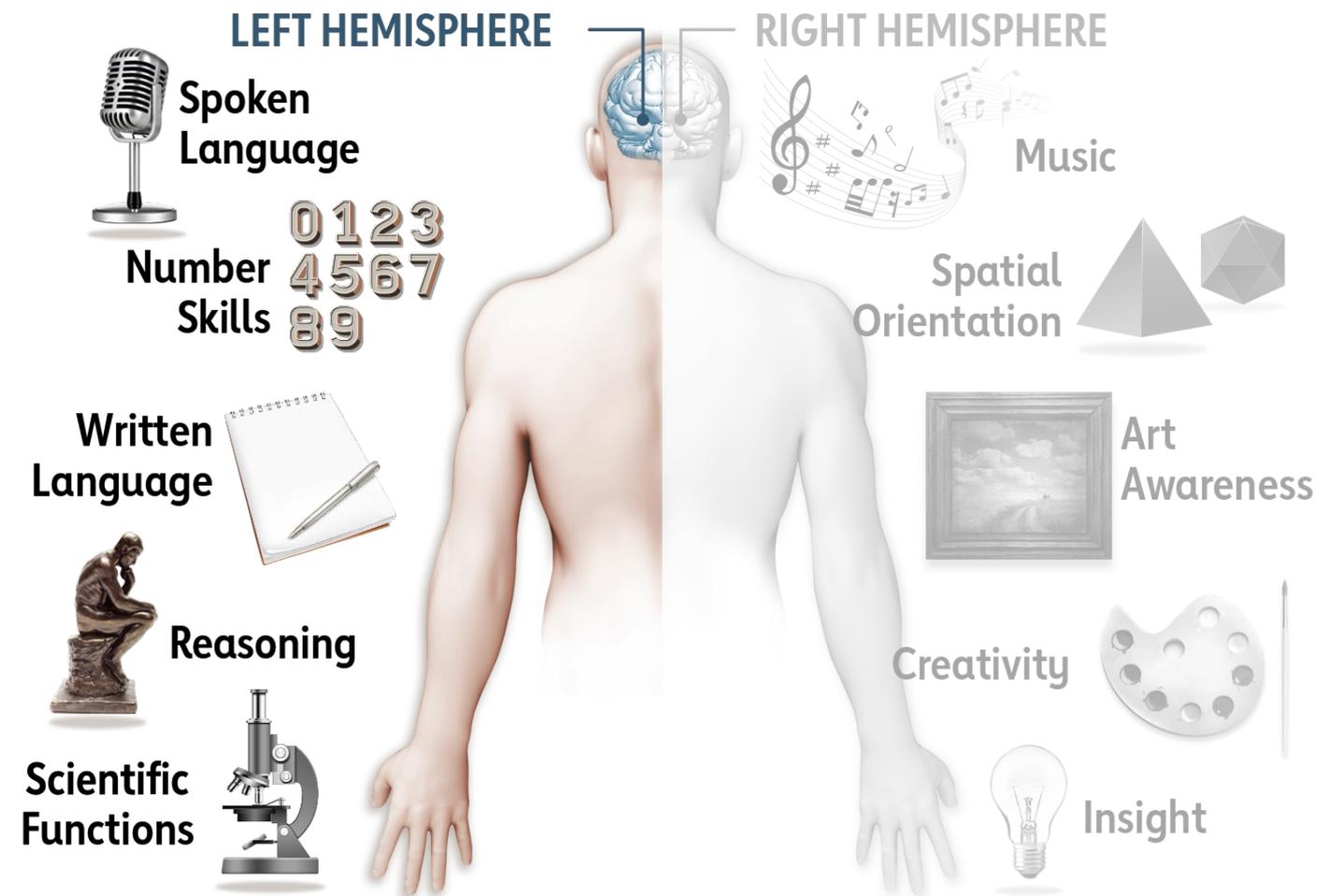
EMOTIONAL & BEHAVIORAL CHANGES

- Depression
- Anxiety
- Pseudobulbar affect (PBA)
- Anger and aggression
- Impulsiveness
- Apathy
- Inappropriate behavior
- Sleeping
- Difficulty controlling or expressing emotions

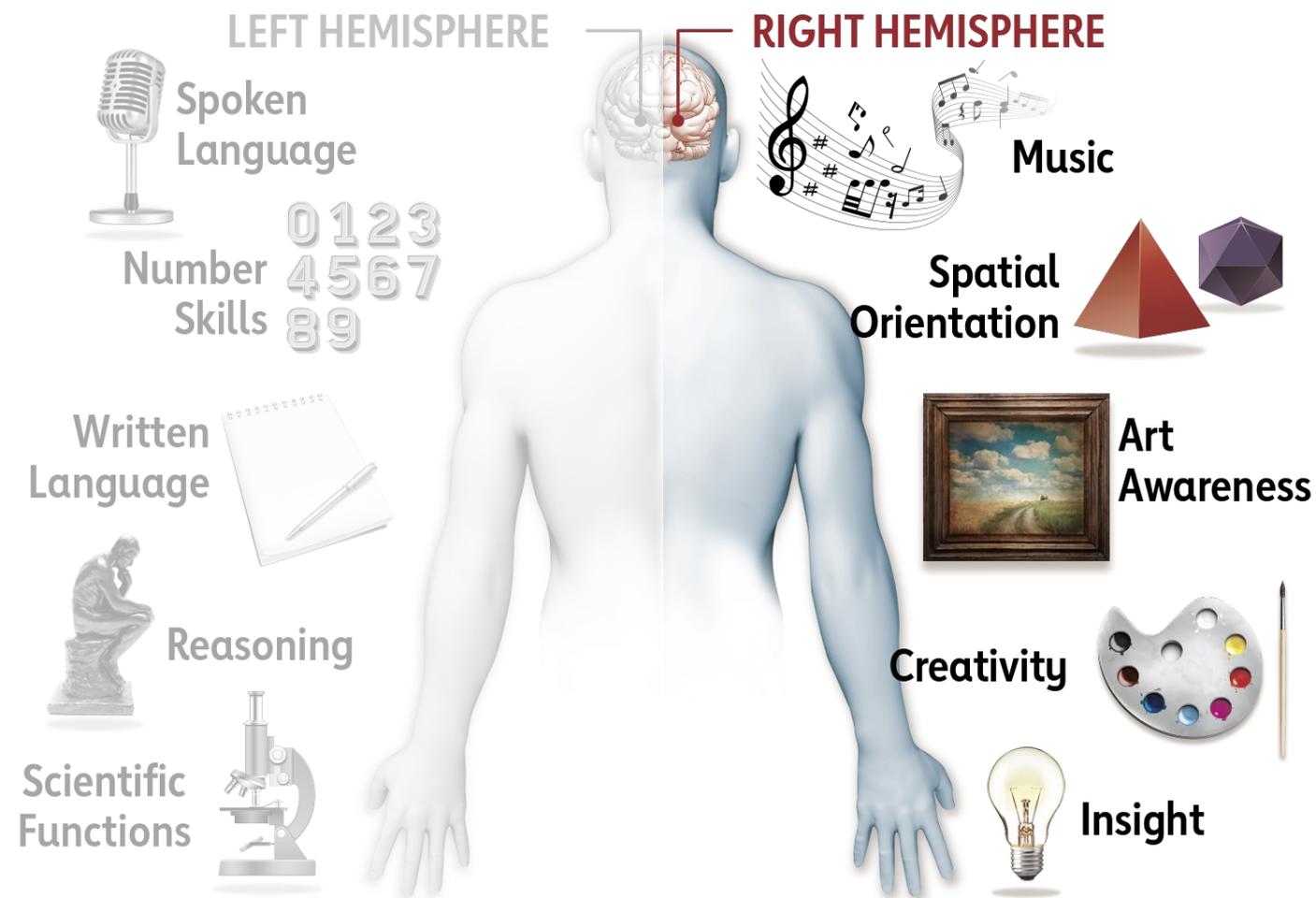
How a Stroke Affects You

A stroke on the **left side of the brain** affects the right side of the body and you may experience some difficulties with:

- Speech and language
- Inability to read, write and learn new information
- Slow, cautious behavioral style
- Reduced ability to do math, reason and analyze things
- Memory loss



How a Stroke Affects You



A stroke on the **right side of the brain** affects the left side of the body and you may experience some difficulties with:

- Depth perception or directions
- Vision problems
- Quick, inquisitive behavioral style
- Inability to paint, or appreciate art and music
- Lack of ability to recognize emotions in someone's voice
- Memory loss



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Preventing Another Stroke

*If you've had a stroke, you're at risk of having another.
Do these things to prevent another stroke:*



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If you have high blood pressure, lower it.

Normal blood pressure is below 120/80.

High blood pressure, or hypertension, is a leading cause of stroke and the most significant controllable risk factor.

Measurement of 130/80 and above is considered high blood pressure and you need to work with a health care professional to manage your blood pressure.





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Find out if you have atrial fibrillation (AFib).

AFib increases your risk of stroke five times.

Atrial fibrillation is an irregular heartbeat that can cause blood to pool in parts of your heart.

This blood can form clots that break off and cause a stroke. Your doctor can tell you if you have AFib and help you manage it.



If you smoke, stop.

Smoking doubles the risk for stroke.

Tobacco is an addictive behavior and cessation can be difficult. Smoking can:

- Raise triglycerides
- Lower HDL “good” cholesterol
- Make blood more likely to clot, blocking blood flow to heart and brain
- Increase plaque build up in blood vessels
- Cause thickening and narrowing of blood vessels





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If you drink alcohol, do so in moderation.

**Heavy drinking can increase your
risk for stroke:**

- No more than one drink per day for women
- No more than two drinks per day for men





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Lower your cholesterol (the fat-like substance in your blood).

Studies suggest ideal total cholesterol levels at about 150 mg/dL, which equals about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C).

Lower cholesterol levels are linked with lower rates of heart disease and stroke.





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If you are diabetic, follow your doctor's advice carefully to get your blood sugar level under control.

Having diabetes puts you at an increased risk for stroke.

Many people with diabetes also have high blood pressure, high cholesterol and are overweight – increasing their risk for stroke even more.





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Exercise daily.

Even a little exercise — a brisk walk, bicycle ride, swim or yard work — can improve your health and may reduce your stroke risk.

Patients with previous stroke or ischemic attack (TIA) should engage in:

- Moderate intensity aerobic activity (such as, brisk walking, water aerobics, dancing, gardening) for a minimum of 10 minutes 4 times a week, or
- Vigorous intensity aerobic activity (such as, hiking uphill, running, swimming laps, cycling 10 miles per hour or faster) for a minimum of 20 minutes twice a week.



Check with your doctor to find out what level of exercise is appropriate for you.



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Cut down on sodium and fat.

- Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels.
- Diets high in sodium (salt) can increase blood pressure. Aim for no more than 2,300 milligrams (mg) of sodium a day.
- Less salt and fat can lower your risk for stroke, high blood pressure and heart disease.
- Diets with high calories can lead to obesity.
- A diet containing five or more servings of fruits and vegetables per day may reduce the risk of stroke.



What Can You Do?



Know your health numbers:

Blood pressure, cholesterol, body mass index and blood sugar can play a key role in your risk for stroke. Work with your health care professional to manage these numbers.



Excess body weight and obesity are linked with an increased risk of high blood pressure, diabetes, heart disease and stroke.

Loosing as little as 5 to 10 pounds can make a significant difference in your risk.



Stop smoking:

Set a “quit date” today and mark your calendar at home and at work.



Enjoy a brisk walk with a friend, take a dance class or ride a bike: Exercising 5 or more times each week will reduce your risk for stroke.



Stock up on blueberries, broccoli, and citrus fruits.

Eating 5 or more daily servings of fruits and vegetables has been shown to reduce stroke risk by about 30%.

Talking to Your Health Care Professional

- Keep your follow-up appointments.
- Take your recommended medications and talk to your doctor before making any changes.
- Ask your doctor about stroke rehab programs that are right for you.
- Preventing another stroke starts with YOU. Don't wait to talk to your doctor about a prevention plan that's right for you.
- Know the signs and symptoms of stroke and call 911 immediately.



Spot a Stroke F.A.S.T.

Stroke is a medical emergency.

If someone is experiencing symptoms, call 911 immediately!
Learn and share the F.A.S.T. warning signs:

SPOT A STROKE

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911



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Group Discussion

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Test Your Knowledge



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Which risk factors can I change or treat?





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How can I make my lifestyle healthier?





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How do I change my eating habits?





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What kind of physical activity can I do safely?





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What are the signs of a stroke?





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For more resources on
preventing another stroke, visit
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