

# Could You Be Having a Stroke?

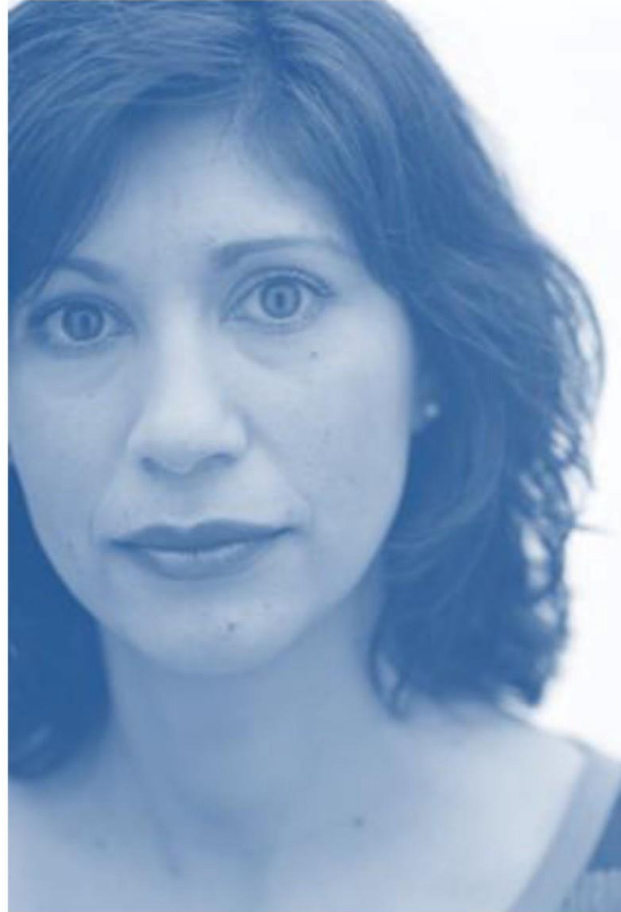
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# How Many?



About **795,000**  
Americans each  
year suffer a new  
or recurrent  
stroke.

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# Mortality

Stroke is the  
No. **5** cause of  
death in the U.S.



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# Disability

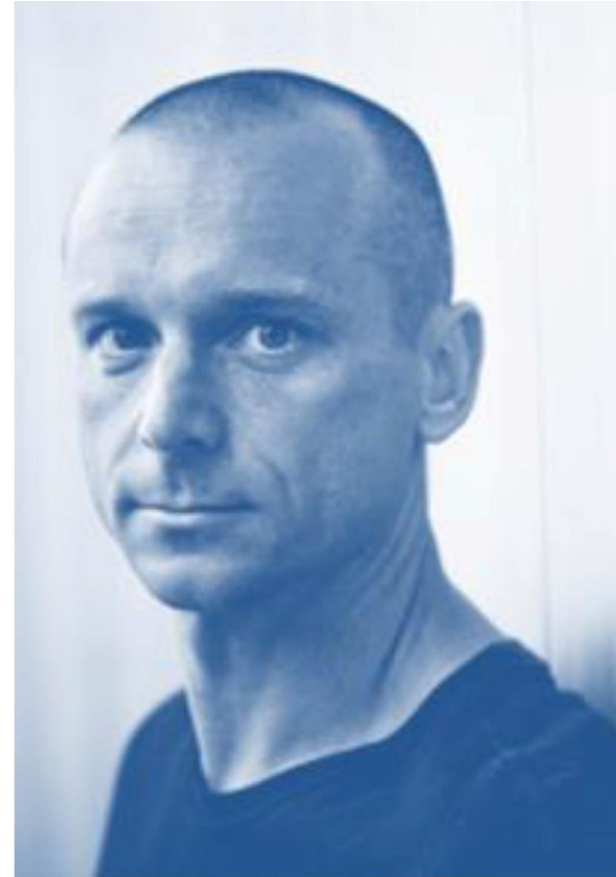
Stroke is a leading cause of serious long-term disability.

Stroke reduces mobility in more than half of stroke survivors age 65 and over.



# Knowledge

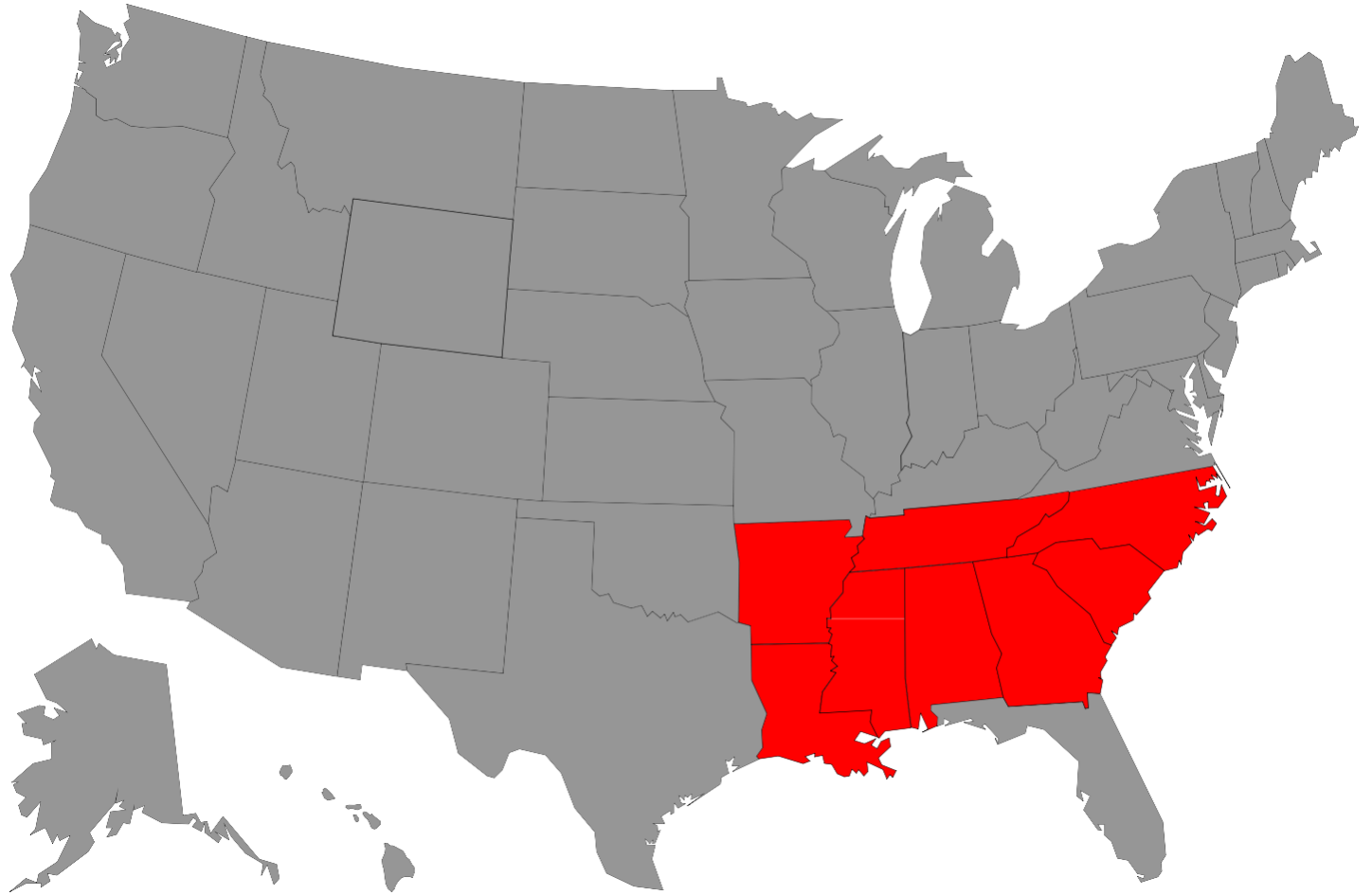
**37%** of all  
Americans cannot  
accurately identify  
even one stroke  
warning sign.



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# The “Stroke Belt”

- A region in the Southeastern US with higher than average stroke incidence and mortality
- Includes Georgia





Being *ready* for a stroke,  
can save a life.

*Possibly yours.*

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# The Perception of Stroke

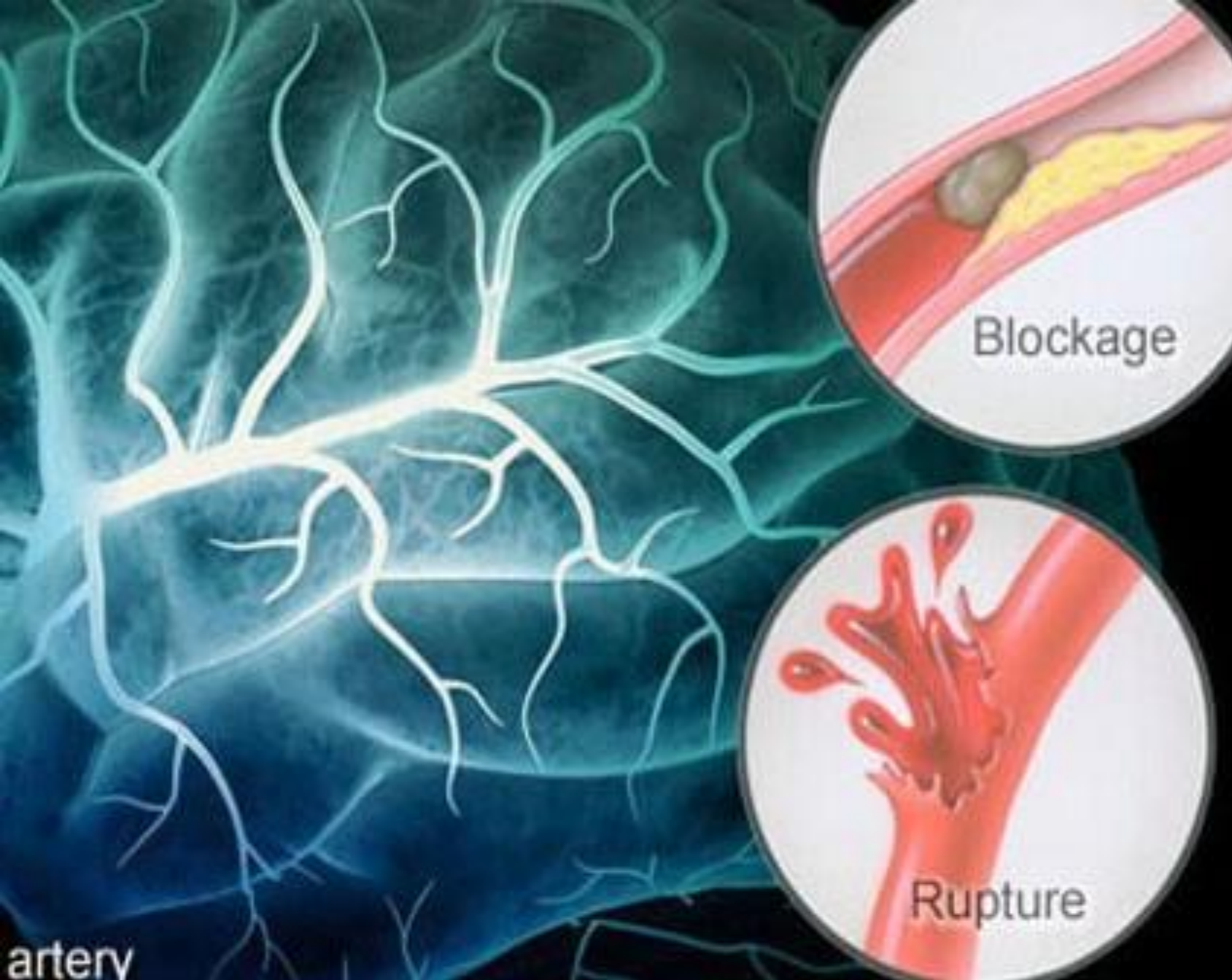
## Myth

- Stroke is not preventable
- Stroke cannot be treated
- Stroke only strikes the elderly
- Stroke happens in the heart
- Stroke recovery ends after 6 months

## Reality

- Up to 80% of strokes are preventable
- Stroke requires emergency treatment
- Anyone can have a stroke
- Stroke is a “Brain Attack”
- Stroke recovery can continue throughout life





# So, what is a stroke?

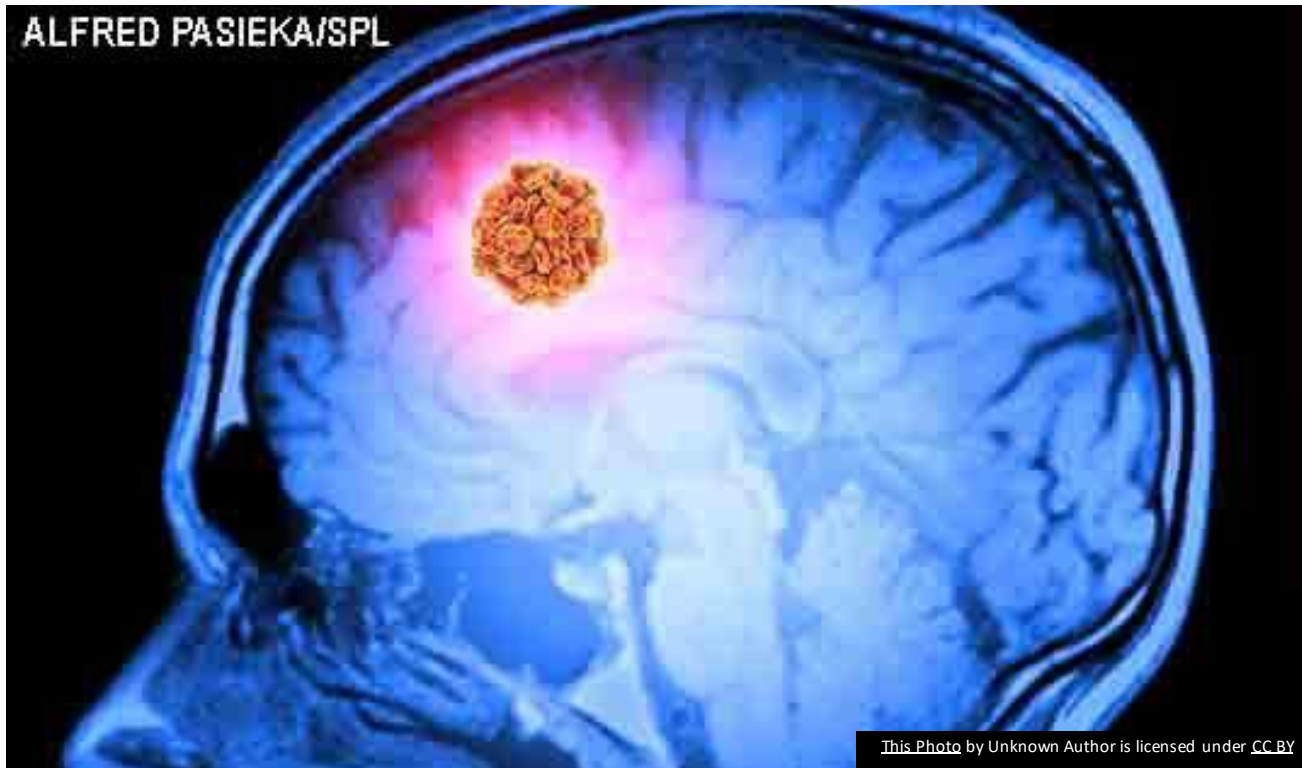
- A brain injury caused when a blood vessel to the brain becomes blocked or bursts, cutting off blood flow and oxygen to the brain.
- When injury occurs to the brain, and part of the brain cannot get the blood (and oxygen) it needs, the brain cells die.

# Causes of an Ischemic Stroke

- Blocked blood vessel
  - Fatty deposit
  - Blood clot



# Transient Ischemic Attacks (TIAs)

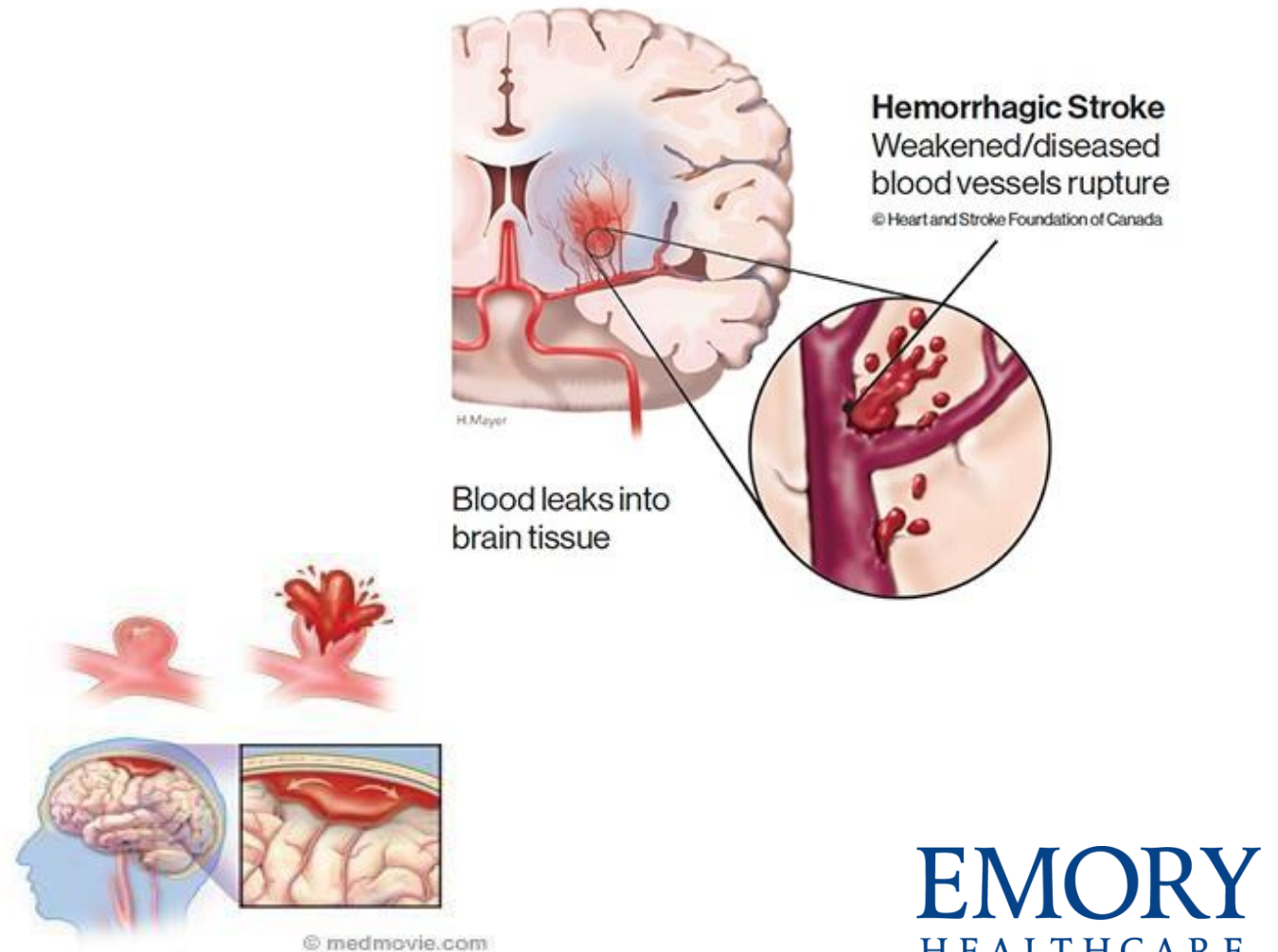


- TIAs are “warnings” that can happen before a major stroke
- Occurs when there is low blood supply to the brain or it is briefly blocked
- TIAs are temporary but have the same symptoms as a stroke
- TIAs are medical emergencies.

# Causes for a Hemorrhagic Stroke

## Ruptured Blood Vessel in the Brain

- High Blood Pressure
  - Most common cause (about 80%)
- Aneurysm
  - Ballooning at a weakened spot of a blood vessel
- Conditions or Diseases that cause blood vessels to be malformed or weakened
  - AVM (arteriovenous malformations)
  - Moya Moya disease





# PREVENTION WORKS!

## Strokes are Preventable!

- 80 % of strokes can be prevented with healthy behavior modifications
- The long term affects of strokes can be minimized with immediate treatment



What are risk factors for stroke?

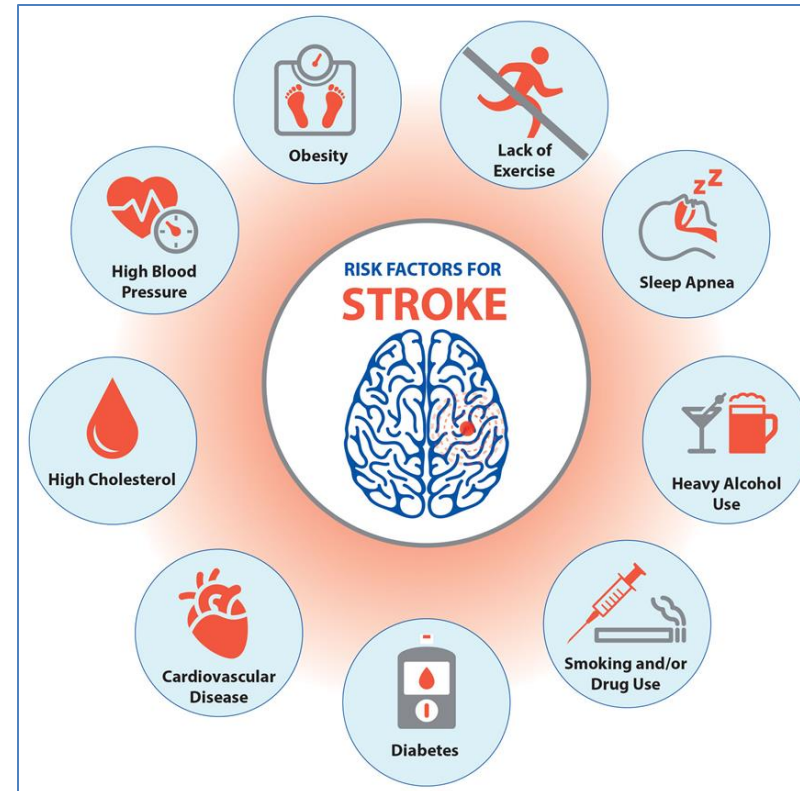
Stroke  
Prevention  
Guidelines

# Risk Factors

## Risk factors not in your control

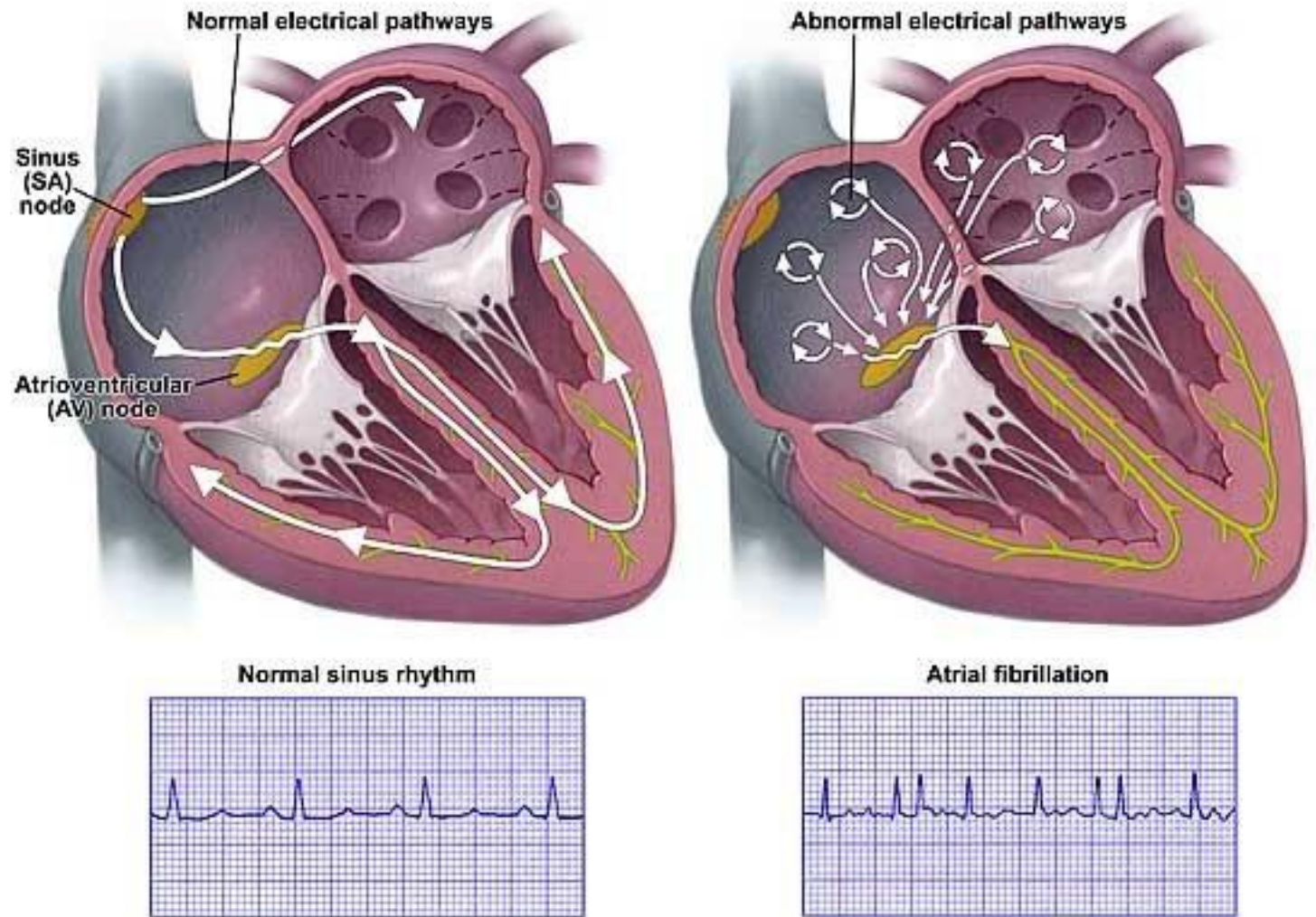
- Age
- Gender
- Race
- Family history
- Previous stroke or TIA

## Risk Factors in your control



# Atrial Fibrillation

- If you have atrial fibrillation (Afib) – a type of irregular heartbeat – work with your healthcare professional to manage it.
- **If left untreated, Afib can increase stroke risk four to six times.**





## High Blood Pressure

- > High blood pressure is a sign that the heart and blood vessels are being overworked.
- > Untreated, the disease can lead to atherosclerosis and congestive heart failure.
- > Heart disease contributes to 75% of all heart attacks and strokes.

Enlarged heart (heart failure)

Atherosclerosis

- Know your blood pressure. Have it checked at least annually. If it is elevated, work with your healthcare professional to control it.
  - **Having high blood pressure, or hypertension, increases stroke risk four to six times.**

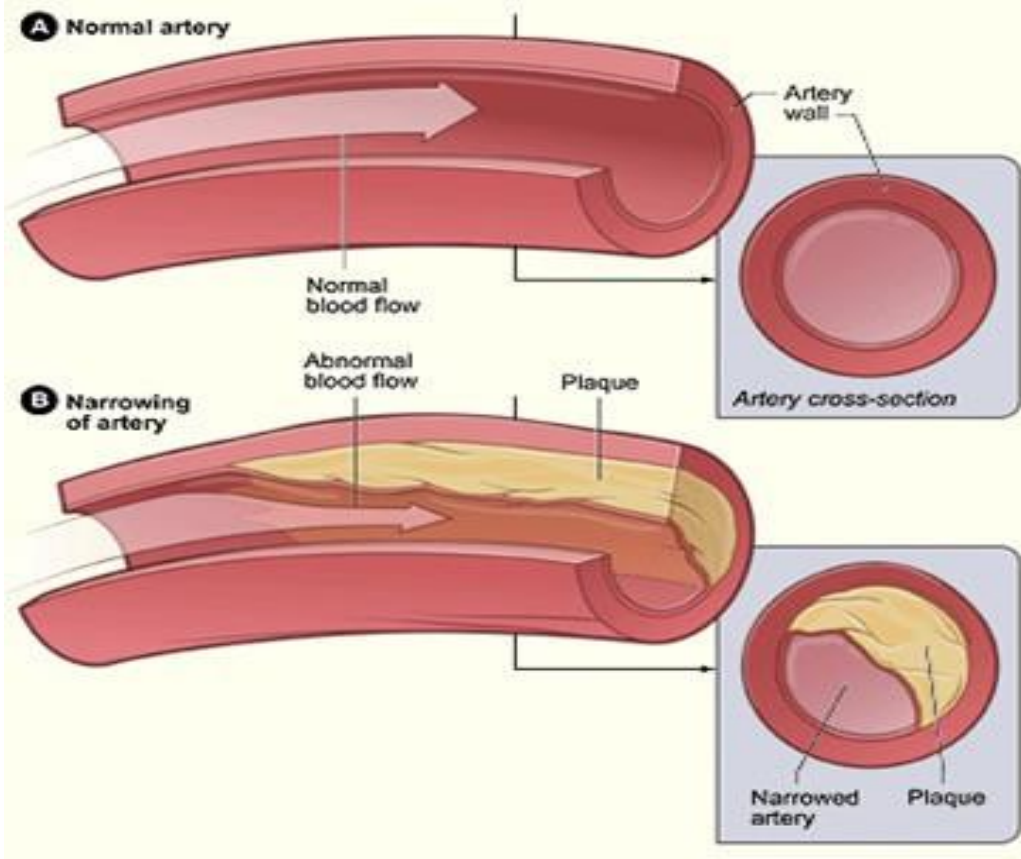


# Diabetes

- If you are diabetic, follow your doctor's recommendations to carefully control your diabetes
- **People with diabetes have a significantly higher stroke risk**
- High blood sugar encourages the growth of plaque in your arteries and can increase your risk for heart disease and stroke



# Cholesterol

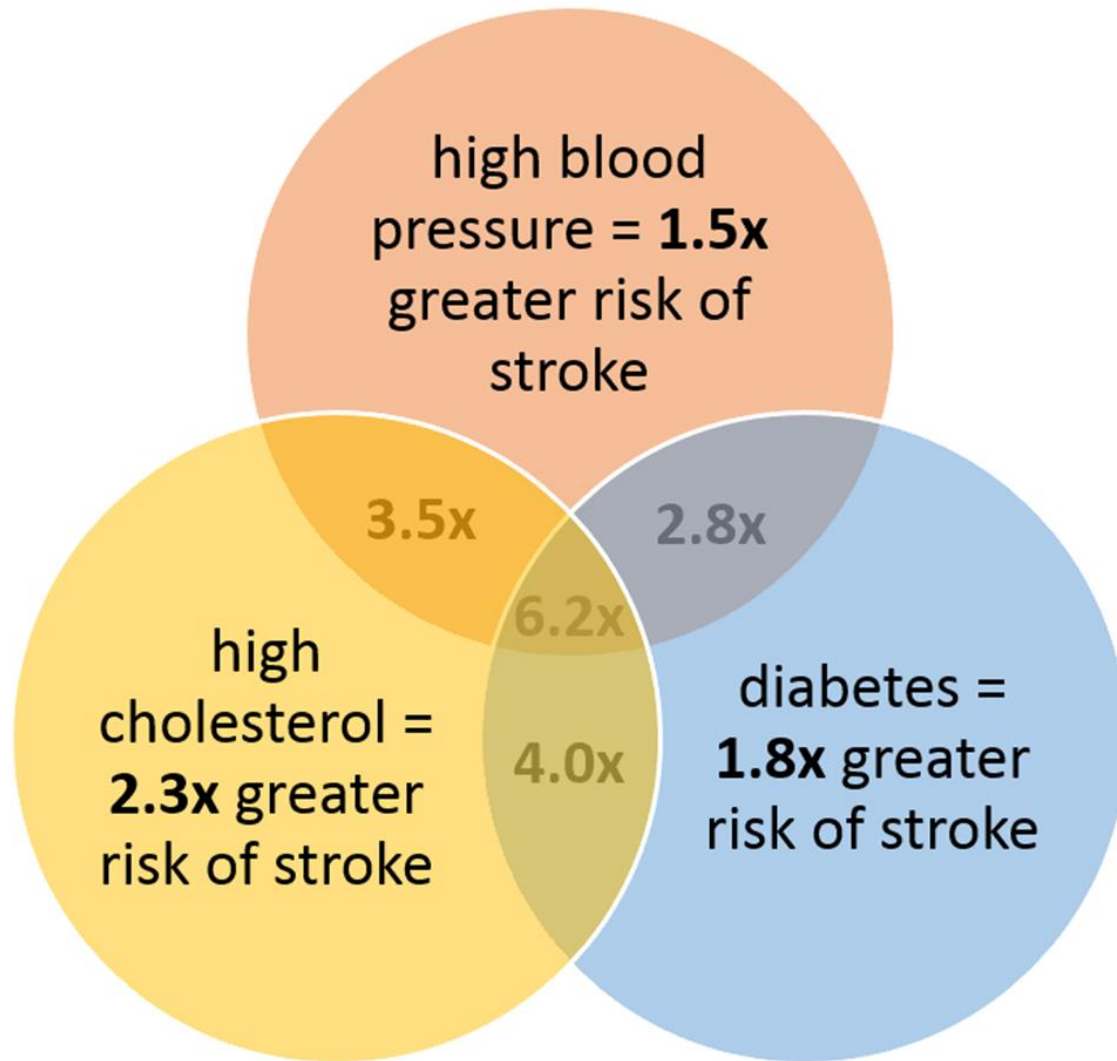


Know your cholesterol number. If it is high, work with your doctor to control it.

**Talk to your doctor if your total cholesterol is higher than 200 mg/dL or if you LDL cholesterol is higher than 100 mg/dL.**



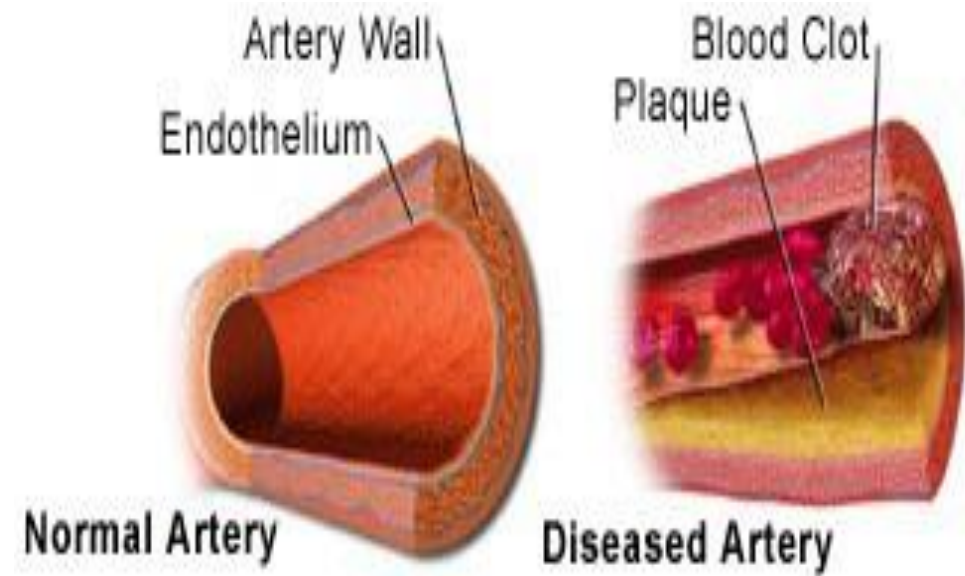
# CONTROLLING YOUR RISK





# Smoking

If you smoke, stop.  
**Smoking doubles  
stroke risk**



If you drink alcohol,  
do so in  
moderation.



# Exercise

- Include physical activity that you enjoy into your daily routine
  - **Active people tend to have lower cholesterol levels. Regular exercise also seems to slow down or stop clogging of blood vessels.**

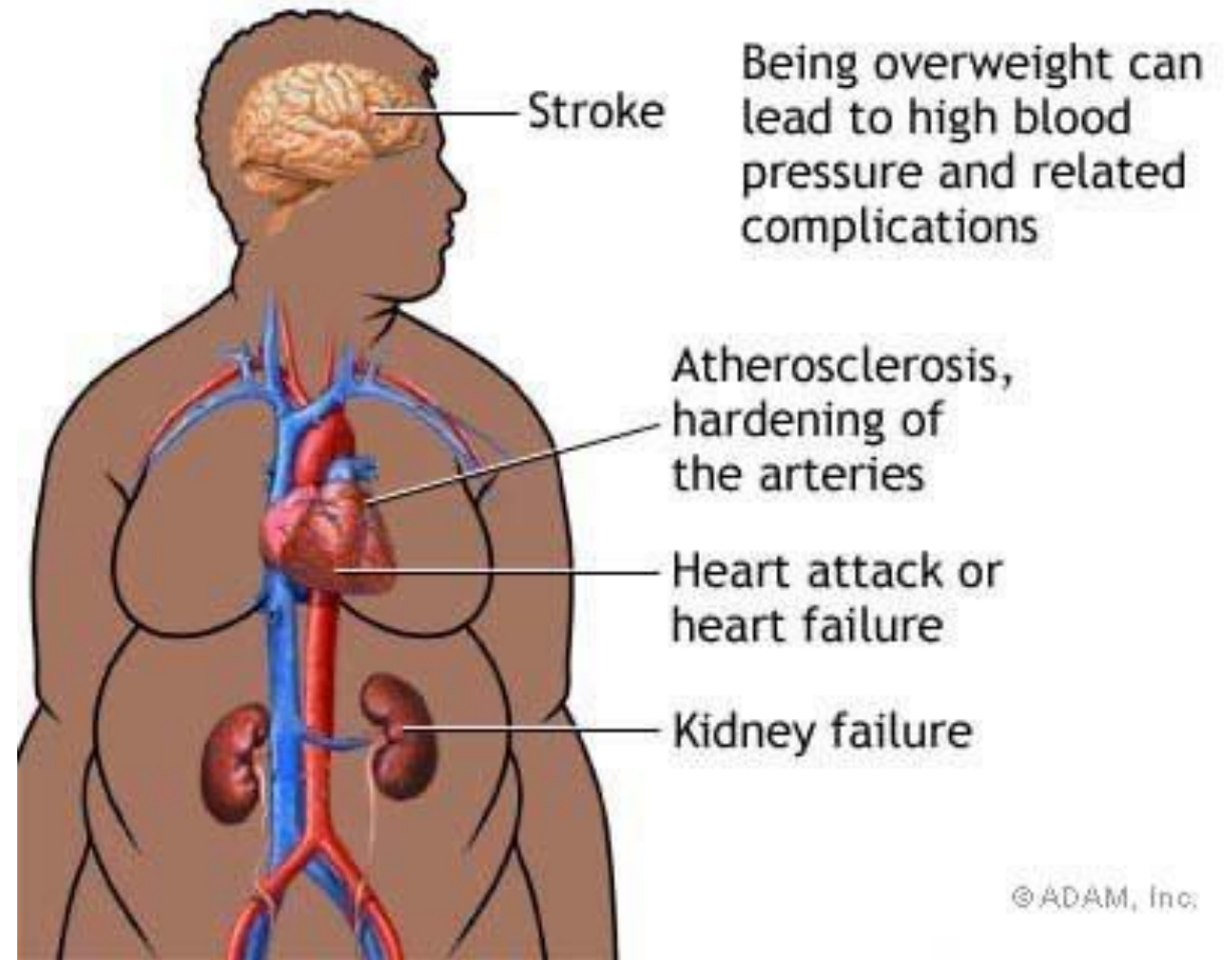


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# Obesity

- > **Being overweight or obese can increase the risk of stroke**
- > **Too much body fat can contribute to high blood pressure, high cholesterol and can lead to heart disease and Type 2 diabetes**







How do you know if someone is  
having a stroke?

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# Think BE FAST



# B

Sudden loss of **balance** or coordination.



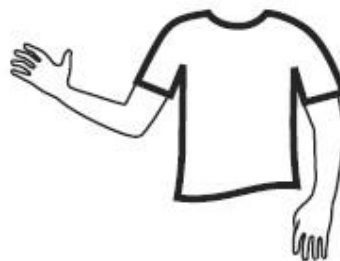
# E

Sudden trouble seeing out of one or both **eyes**.



# F

Sudden drooping on one side of the **face**.



# A

Sudden weakness in one **arm** or leg.



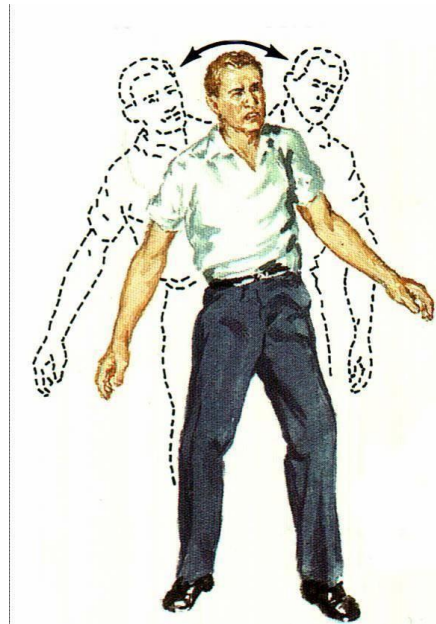
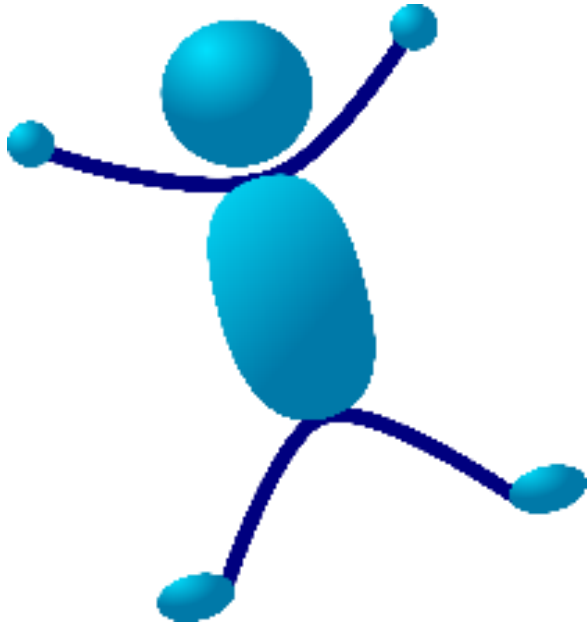
# S

Sudden trouble with **speech** or understanding.



# T

**Time** to call 911.



**B** Sudden loss of  
**balance** or coordination.



Does the person have sudden difficulty walking, dizziness, or loss of balance or coordination?

Does the person have  
sudden trouble seeing out  
of one or both eyes,  
blurred vision, double  
vision,  
loss of peripheral vision?



**E**

Sudden trouble seeing out  
of one or both **eyes**.





**F**

Sudden drooping on one side of the **face**.



Does the person have a sudden drooping on one side of the face?

Does one side of the face droop or is it numb?

Ask the person to smile. Is their smile uneven?

# A

Sudden weakness  
in one **arm** or leg.



- Does the person have sudden weakness in one arm or leg? Is one arm weak or numb?
- Ask the person to raise both arms. Does one arm drift downward?





# S

Sudden trouble with  
**speech** or understanding.



Does the person have sudden trouble with speech or understanding?

Is speech slurred? Is the person unable to speak or hard to understand?

Ask the person to repeat a simple sentence: "It's a rainy day in Portland"

Is the sentence repeated correctly?



**T** Time to call 911!



**Time to call 911!**

If someone shows any one of these symptoms call 911.





# Questions?

