

# STROKE AWARENESS AND PREVENTION

By: Jaylene Mize and Jen Nicholson





# OBJECTIVES

- Differentiate between an **ischemic** and a **hemorrhagic** stroke
- Explain the **signs and symptoms** of a stroke
- Explain **BEFAST** and **when to call 911**
- Stroke **statistics**
- Describe common **risk factors** of a stroke
- Describe **complications** of a stroke
- Describe stroke **prevention**
- Describe stroke **treatment**



# WHAT IS A STROKE?

A stroke is an **EMERGENCY!**

**Prompt treatment is crucial!**

**Early action can reduce brain damage!**

- **Ischemic stroke: (most common)**

When blood supply to a portion of the brain is interrupted or reduced due to fatty deposits built up in blood vessels or the heart. This prevents the brain from getting enough blood/oxygen, where brain cells begin to die in minutes

- **Hemorrhagic stroke:**

When a blood vessel in the brain leaks or ruptures. This prevents the brain from getting enough blood/oxygen, where brain cells begin to die in minutes



# STATISTICS



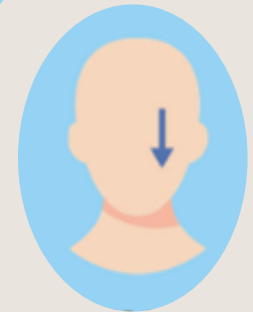
- Every **40 seconds**, someone in the U.S. has a stroke. Every **3.5 minutes**, someone **dies of stroke**
- It is the **#5 cause of death** and a leading cause of seriously **long-term disability** in the U.S.
- 80% of strokes are **preventable**



# SIGNS AND SYMPTOMS

## Main symptoms:

- **Paralysis, numbness** or **inability to move** parts of the **face, arm or leg** – particularly on **one side** of the body
- **Confusion** – including trouble with speaking
- **Headache** with vomiting
- Trouble **seeing** in one or both eyes
- **Metallic taste** in mouth
- Difficulty in **swallowing**
- Trouble in **walking** (impaired coordination)
- **Dystonia** (involuntary muscle contractions, repetitive movements, or abnormal postures/positions)
- **Alexia** (inability to read/comprehend written words)
- **Agnosia** (ability to recognize parts of the object but cannot recognize the entire object. ex: can identify car tires, but cannot identify the car)



# B.E F.A.S.T

( signs of a stroke )

If any of these signs occur, even if they go away, CALL 911!

Kennedy Health Video

**B**

**BALANCE.** The person has dizziness or sudden problems with coordination.



**E**

**EYE.** A sudden loss of vision in one or both eyes, or double vision, occurs.



**F**

**FACE Drooping.** Ask the person to smile. Is the smile lopsided?



**A**

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



**S**

**SPEECH Difficulty.** Ask the person to repeat a simple sentence. Is it hard to understand?



**T**

**TIME to call 911.** If any of these symptoms exist, even if they go away, call 911. That's the fastest and safest way to get to the hospital.



# RISK FACTORS

1

**HIGH BLOOD  
PRESSURE**

2

**SMOKING**

3

**DIABETES**

4

**HIGH  
CHOLESTEROL**

5

**OBESITY**

6

**HEART DISEASES**

Conditions that can cause blood clots or other blockages include coronary heart disease, atrial fibrillation, carotid artery disease



# UNCONTROLLABLE RISK FACTORS



## **FAMILY HISTORY**

Can be due to genetic or environmental factors



## **AGE**

55 or older have a higher risk for stroke



## **SEX**

Men have a higher risk of stroke than women



## **ETHNICITY**

African Americans and Hispanics have a higher risk of stroke than do people of other races or ethnicities



# COMPLICATIONS

Stroke may lead to **severe complications**:

- **Paralysis or loss of muscle movement:**
  - Patient may become paralyzed on one side of the body, or lose control of certain muscles, such as those on one side of face or one arm
- **Difficulty in talking or swallowing**
- **Memory loss or thinking difficulties:**
  - It also affects thinking, making judgments, reasoning and understanding concepts
- **Emotional problems:**
  - Stroke survivors may develop depression
- **Changes in behavior and self-care ability:**
  - Stroke survivor may become more withdrawn and less social or more impulsive. They may need help with grooming and daily chores





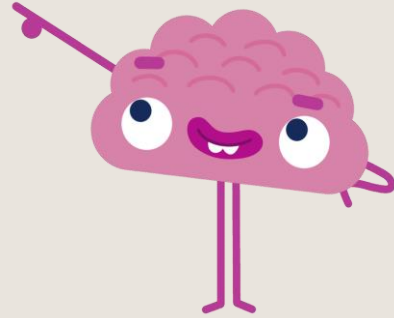
# **Awesome Words from J and J :)**



The background features a light beige gradient with several large, semi-transparent white circles and thin blue circular outlines. Two blue zigzag lines are positioned in the upper right and lower left corners.

**QUESTIONS?**

# RESOURCES AND PUBLICATIONS



- American Stroke Association (ASA): [About Stroke](#)
  - ASA Resources in Spanish: [Recursos en Español](#)
- National, Heart, Lung, and Blood Institute: [Stroke](#)
- National Institute of Neurological Disorders and Stroke (NINDS): [Stroke Information Page](#)
  - [NINDS Know Stroke Campaign](#)
  - [NDS Know Stroke Campaign Spanish Toolkit](#)
- Tong X, Schieb L, George MG, Gillespie C, Merritt RK, Yang Q. [Racial/ethnic and geographic variations in long-term survival among Medicare beneficiaries after acute ischemic stroke](#). *Prev Chronic Dis*. 2021;18:200242.
- Yang Q, Tong X, Coleman King S, Olivari BS, Merritt RK. [Stroke hospitalizations before and during COVID-19 pandemic among Medicare beneficiaries in the United States](#). *Stroke*. 2021;52(11):3586–601.

# RESEARCH RESOURCES

## List of resources that helped make this research true

- *About stroke.* www.stroke.org. (n.d.). <https://www.stroke.org/en/about-stroke>
- Centers for Disease Control and Prevention. (2022, May 4). *Stroke signs and symptoms.* Centers for Disease Control and Prevention. Retrieved March 23, 2023, from [https://www.cdc.gov/stroke/signs\\_symptoms.htm](https://www.cdc.gov/stroke/signs_symptoms.htm)
- Mayo Foundation for Medical Education and Research. (2022, January 20). *Stroke.* Mayo Clinic. Retrieved March 23, 2023, from <https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113>
- U.S. Department of Health and Human Services. (n.d.). *Causes and risk factors.* National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health/stroke/causes>
- YouTube. (2017, August 17). *Be fast - know the signs of stroke.* YouTube. Retrieved March 21, 2023, from <https://www.youtube.com/watch?v=lpu-z4Bz168>