

Stroke 101

What You Need to Know

2 million brain cells are lost per minute

With every 30-minute delay in advanced stroke care, your chances of a good outcome drop by 14%



**6.5
MILLION**

Each year, nearly 800,000 Americans have a new or recurrent stroke, which is the nation's fifth leading cause of death. Stroke is one of the most common causes of serious, long-term disability in the U.S., with about 6.5 million stroke survivors alive today.

UNDERSTANDING THE BASICS

A stroke, or "brain attack," occurs when a blood vessel in the brain becomes blocked (ischemic stroke) or bursts (hemorrhagic stroke). When the brain doesn't get blood – with vital oxygen and nutrients – for even a few minutes, it begins to die.



PROTECT YOURSELF

Did you know 80 percent of strokes are preventable? Take charge of your health today by working with your physician to lower risk factors you can control and monitor any uncontrollable ones.

UNCONTROLLABLE RISK FACTORS

- Age (over 65)
- Gender (men have more strokes, women have deadlier strokes)
- Race (Blacks and Hispanics are at increased risk)
- Family history of stroke

CONTROLLABLE RISK FACTORS

- High blood pressure (above 140/90 mm/Hg)
- High total cholesterol
- Atrial fibrillation or carotid/coronary artery disease
- Uncontrolled diabetes
- Being overweight
- Smoking
- Alcohol (more than one drink per day)

LISTEN TO YOUR BODY



You can stay ahead of stroke by paying close attention to any changes in your health:

- Seek medical advice early.
- Watch for "mini-strokes," or shorter episodes of typical stroke symptoms. Call 911.
- Be aware that some patients experience barely noticeable or no warning signs.
- Get regular check-ups to catch health problems before they become serious.

WARNING SIGNS

Call 9-1-1 immediately if you experience sudden:







- Loss of speech
- Slurred speech
- Blurry or double vision
- Dizziness and vertigo
- Paralysis
- Weakness
- Severe headache, often accompanied by neck stiffness and vomiting

**CALL
911**



BE FAST

In a stroke, every minute counts. Use the **BE FAST** method to evaluate whether someone may be having a stroke:

- B**  **BALANCE:** Watch for a sudden loss of balance.
- E**  **EYES:** Is there a sudden loss of vision in one or both eyes? Or double vision?
- 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.

TAKE NOTE

Today's clot-busting medications must be administered within 4 ½ hours from the time symptoms started to reduce long-term disability from ischemic strokes.



**Earlier detection
+ Advanced treatments**

**Best outcomes
(Getting your life back!)**

ASSESS YOUR RISK TODAY!

Estimate your chances of having a stroke within the next 10 years. Use our free online calculator at ccirh.org/stroke.



HOW CLEVELAND CLINIC CAN HELP

At Cleveland Clinic Indian River, our Joint Commission Certified Primary Stroke Center provides life-saving care for stroke patients in your community. Our experts have earned The Gold Plus award and Target Stroke: Honor Roll Elite Plus and are experienced in providing for the unique and specialized needs of stroke patients.

WE OFFER:



- Leading-edge facility
- Most advanced diagnostic tools: CT, MRI, duplex ultrasound, biplane neuroangiography, carotid ultrasound and Transcranial Doppler
- Comprehensive, advanced treatments including the latest “clot-busting” medications and endovascular (from within the blood vessel) techniques.
- Neurological rehabilitation services, including outpatient occupational, physical and speech therapy