

# STROKE RISK FACTORS

## Risk Factors You Can Control

- ✓ Stress
- ✓ Smoking
- ✓ Diabetes
- ✓ Diet
- ✓ **High Blood Pressure**  
High Risk: >140/90  
Caution: 120-139/80-89
- ✓ Physical Inactivity
- ✓ Obesity
- ✓ **High Cholesterol**  
High Risk: >240  
Caution: 200-239
- ✓ Carotid Artery Disease
- ✓ Atrial Fibrillation
- ✓ Sickle Cell Anemia

## Risk Factors Not Controlled

- ✗ Age
- ✗ Family History
- ✗ Race
- ✗ Gender
- ✗ Prior Stroke, TIA or Heart Attack

# STROKE IS TREATABLE

- Thrombolytic clot-busting medication within 3-4.5 hours from onset of symptoms
- Neurointervention- removing the clot with a stent retriever or cauterizing a bleed
- The "Golden Hour" first hour is considered to be the most crucial with the best chance for a positive outcome.

# WHAT IS STROKE?

A **Stroke** occurs when a blood vessel that carries oxygenated blood and other nutrients to the brain is either blocked by a clot or bursts (ruptures).

When this happens, part of the brain cannot get the blood and oxygen it needs, so **brain cells die**.

**Ischemic Stroke** accounts for 88% of all strokes. A blood clot can cut off the blood supply to the brain killing millions of brain cells per minute.

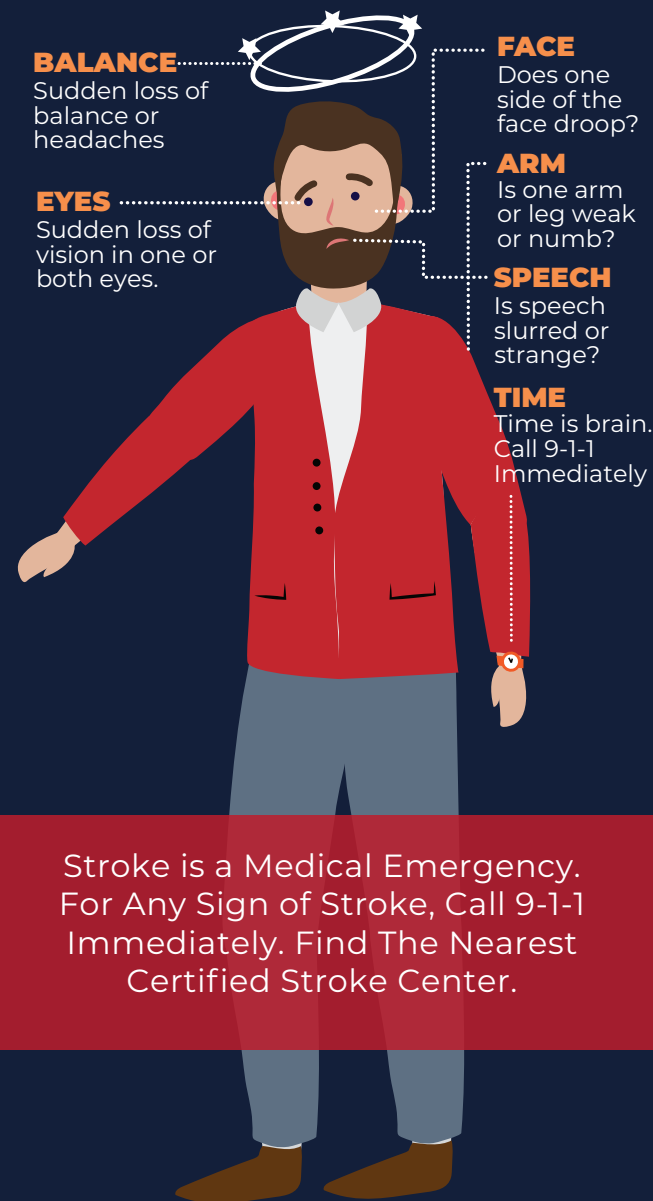
**Hemorrhagic Stroke** makes up about 12% of all strokes. A blood vessel in the brain breaks or bursts. As a result, blood spills inside the brain destroying brain cells.

**Transient Ischemic Attack (TIA)** is often called a mini stroke, but it's really a major warning. TIA is a temporary blockage of blood flow to the brain. Since it doesn't cause permanent damage, it's often ignored. TIAs may signal a full-blown stroke ahead.

To learn more, visit  
[www.strokeinfo.org](http://www.strokeinfo.org)

# BE FAST

## KNOW THE SIGNS OF STROKE



Stroke is a Medical Emergency.  
For Any Sign of Stroke, Call 9-1-1  
Immediately. Find The Nearest  
Certified Stroke Center.

[www.strokeinfo.org](http://www.strokeinfo.org)