

# Greetings CFH!!



## Did you know...

- ❖ There are **15 million** people worldwide who *suffer* from a stroke each year.
- ❖ Nearly **6 million** people *die* from a stroke each year.
- ❖ Nearly **5 million** are left permanently *disabled* by a stroke each year.
- ❖ Stroke is the **2<sup>nd</sup> leading cause of death** for people above the age of 60.
- ❖ Stroke is the **5<sup>th</sup> leading cause of death** in people aged 15 to 59 years old.

# STROKE BY THE NUMBERS

Every  
**40 seconds**  
someone  
has a  
stroke



About 55,000 more  
women than men  
have a stroke each year



**1 in 4** strokes  
are in people  
who have had  
a previous stroke

**#5**

**Cause of  
death  
in the USA**



**80% OF ALL STROKES  
CAN BE PREVENTED**



**Together  
to End Stroke™**

## What is a Stroke?

- **Stroke:** A stroke occurs if the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes. Sudden bleeding in the brain also can cause a stroke if it damages brain cells.

**There are two types of stroke:**

- An **Ischemic stroke** occurs when a blood vessel carrying blood to the brain is blocked by a blood clot. This causes blood not to reach the brain. **High blood pressure** is the most important risk factor for this type of stroke. An ischemic stroke can occur in two ways:

- 1) **Embolic stroke:** a blood clot or plaque fragment forms somewhere in the body (usually

the heart) and travels to the brain. Once in the brain, the clot travels to a blood vessel small enough to block its passage. The clot lodges there, blocking the blood vessel and causing a stroke.

- 2) **Thrombotic stroke:** is caused by a blood clot that forms inside one of the arteries supplying blood to the brain. This type of stroke is usually seen in people with **high cholesterol levels** and atherosclerosis.

💧 A **Hemorrhagic stroke** occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue. A hemorrhagic stroke can occur in two ways:

- 1) **Intracerebral hemorrhage:** The most common hemorrhagic stroke happens when a blood vessel inside the brain bursts and leaks blood into surrounding brain tissue. The bleeding causes brain cells to die and the affected part of the brain stops working correctly. **High blood pressure and aging blood vessels** are the most common causes of this type of stroke.
- 2) **Subarachnoid hemorrhage:** This type of stroke involves bleeding in the area between the brain and the tissue covering the brain, known as the subarachnoid space. This type of stroke is most often caused by a burst aneurysm.

💧 A condition that's similar to a stroke is a **transient ischemic attack**, also called a **TIA** or **“mini-stroke.”** A **TIA** occurs if blood flow to a portion of the brain is blocked only for a short time. Thus, damage to the brain cells isn't permanent.

**Both strokes and TIAs require emergency care!**

<http://www.world-heart-federation.org/cardiovascular-health/stroke/>  
[http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/Types-of-Stroke\\_UCM\\_308531\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/Types-of-Stroke_UCM_308531_SubHomePage.jsp)  
[https://www.cdc.gov/stroke/healthy\\_living.htm](https://www.cdc.gov/stroke/healthy_living.htm)  
<http://www.stroke.org/understand-stroke/what-stroke/ischemic-stroke>

**ACT F.A.S.T**

# STROKE is an Emergency

Every minute counts.

## ACT F.A.S.T!



**F**ACE: Does one side of the face droop? Ask the person to smile.



**A** RMS: Is one arm or leg weak or numb? Ask the person to raise both arms. Does one arm drift downward? Is the person having trouble walking?



**S**PEECH: Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated clearly and correctly?



**T**IME: If the person shows any of these symptoms, **Call 911** immediately.

Information provided by the National Stroke Association.

## The warning signs of stroke are:

- ❖ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ❖ Sudden confusion, trouble speaking or understanding
- ❖ Sudden trouble seeing in one or both eyes
- ❖ Sudden trouble walking, dizziness, loss of balance or coordination
- ❖ Sudden severe headache with no known cause

### A stroke is a medical emergency!

If any of these symptoms appear, don't delay – get medical help immediately!

[http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp)

## What can you do to prevent a stroke?

### Stroke is preventable!

Up to 80% of strokes can be prevented through **lifestyle medicine** and working with your **health care team** to control conditions that raise your risk for stroke.



- ♥ Go to the doctor/cardiologist for regular check-ups.
- ♥ Closely monitor blood pressure
- ♥ Keep blood sugars under control
- ♥ Keep cholesterol levels low
- ♥ Avoid stimulant drinks such as Monster, 5 Hour Energy, Red Bull
- ♥ Decrease consumption of trans fats, fast foods, excessive sugar and salt
- ♥ Take medications as prescribed
- ♥ Contact medical/EMS professional if you have face droop on one side, one arm or leg is weak or numb, speech is slurred

## Lifestyle Medicine

Can prevent 80% of strokes!

**Start Walking**

**Eat clean**

**Manage Stress**

**Make your health a priority**

**Your brain loves you, love it back.**



<https://thegoodista.com/category/healthy-lifestyle/>

*Thank You!*

**“Health *You*, Healthy *Us*”**

**CFH Wellness Program**



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