



Learn how you can prevent and detect the signs of stroke by using the American Heart Association's virtual Stroke Detection & Prevention Kit!



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The known and unknown of stroke

KNOWN

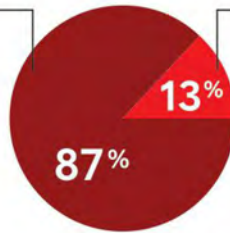
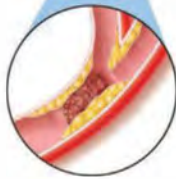
Each year **795,000** people in the U.S. have a stroke.²



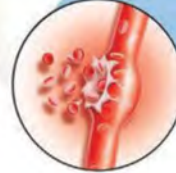
STROKE is an interruption of blood flow to the brain. Without oxygen-rich blood, brain cells die.

TYPES OF STROKE

Ischemic occurs when a clot or mass blocks a blood vessel, cutting off blood flow to a part of the brain.^{1,2}



Hemorrhagic occurs when a weakened blood vessel, like an aneurysm, ruptures and spills blood into the brain.^{1,2}



ABOUT 1/4 of ischemic strokes are classified as **CRYPTOGENIC**, meaning the **CAUSE IS UNKNOWN**.³

FINDING THE CAUSE

of a stroke is important because it helps reduce the risk of another stroke.



POSSIBLE HIDDEN CAUSES



Irregular heartbeat (Atrial Fibrillation)
AFib patients are at a **5X** greater risk for stroke.¹

Heart structure problem (such as Patent Foramen Ovale)

Hardening of the arteries (Large Artery Atherosclerosis)

Blood clotting disorder (Thrombophilia)

UNKNOWN

FIND THE FACTS at Stroke.org/CS

1 - Benjamin EJ, et al. Circulation. 2019;139:e56-e528.

2 - Benjamin EJ, Blaha MJ, Chiuve SE, et al. on behalf of the AHA Statistics Committee and SS Subcommittee. Heart disease and stroke statistics—2017 update: a report from the AHA. Circulation. 2017;135:e229-e445.

3 - Saver, JL. Cryptogenic Stroke. N Engl J Med 2016;374:2065-74.

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Learn the stroke warning signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

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8 STEPS TO PREVENT HEART DISEASE AND STROKE

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).



1. Know your risk

heart.org/ccccalculator

- If you're 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
- Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.



2. Eat a healthy diet

heart.org/eatsmart

- Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
- Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.



3. Be physically active

heart.org/movemore

- Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- If you're already active, increase your intensity for more benefits.
- If you're not active now, get started by sitting less and moving more.



4. Watch your weight

heart.org/weight

- If you're overweight, lose weight by eating fewer calories and moving more.
- Check your body mass index (BMI) online or talk to your team about a healthy weight for you.



5. Live tobacco-free

heart.org/tobacco

- Don't smoke, vape or use tobacco products.
- If you don't think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.



6. Manage conditions

heart.org/conditions

- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.



7. Take your medicine

- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don't take daily aspirin unless your doctor tells you to.



8. Be a team player

- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

Take charge of your health.

Start today at heart.org/prevention.

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PREVENTION CHECKLIST

*I plan to take these steps instead
of having another stroke.*

☐ Manage high blood pressure _____

☐ Control cholesterol _____

☐ Reduce blood sugar _____

☐ Be active _____

☐ Eat better _____

☐ Lose weight _____

☐ Stop smoking _____

☐ Discuss an aspirin regimen
with my doctor _____

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