



# TakeCharge

WELCOA'S ONLINE SELF-CARE BULLETIN



## KNOW STROKE, KNOW THE SIGNS, ACT IN TIME

Each year in the United States, there are more than 800,000 strokes. Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having a stroke more than doubles each decade after the age of 55.

### WHAT IS A STROKE?

A stroke is serious—just like a heart attack. A stroke is sometimes called a “brain attack.” Most often, stroke occurs when blood flow to the brain stops because it is blocked by a clot. The brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

There are two kinds of stroke. The most common kind of stroke, called ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel in the brain. The other kind of stroke, called hemorrhagic stroke, is caused by a blood vessel that breaks and bleeds into the brain.

Stroke damage in the brain can affect the entire body - resulting in mild to severe disabilities. These include paralysis, problems with thinking, problems with speaking, and emotional problems.

### STROKE SYMPTOMS

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

- Sudden severe headache with no known cause

Because stroke injures the brain, you may not realize that you are having a stroke. The people around you might not know it either. Your family, friends, or neighbors may think you are confused. You may not be able to call 911 on your own. That's why everyone should know the signs of stroke - and know how to act fast.

Don't wait for the symptoms to improve or worsen. If you believe you are having a stroke—or someone you know is having a stroke—call 911 immediately. Making the decision to call for medical help can make the difference in avoiding a lifelong disability.



# TakeCharge

WELCOA'S ONLINE SELF-CARE BULLETIN

*Continued from previous page*

Every minute counts. The longer blood flow is cut off to the brain, the greater the damage. The most common kind of stroke, ischemic stroke, can be treated with a drug that dissolves clots blocking the blood flow. The window of opportunity to start treating stroke patients is three hours. But a person needs to be at the hospital within 60 minutes of having a stroke to be evaluated and receive treatment.

## WHAT CAN YOU DO TO PREVENT A STROKE?

While family history of stroke plays a role in your risk, there are many risk factors you can control. The best treatment for stroke is prevention. You can reduce your risk of having a stroke by taking action to improve your health.

- › If you have high blood pressure, work with your doctor to get it under control. Many people do not realize they have high blood pressure, which usually produces no symptoms but is a major risk factor for heart disease and stroke. Managing your high blood pressure is the most important thing you can do to avoid stroke.

- › If you smoke, quit.
- › If you have diabetes, learn how to manage it. As with high blood pressure, diabetes usually causes no symptoms but it increases the chance of stroke.
- › If you are overweight, start maintaining a healthy diet and exercising regularly.

