Strokes- Signs and Emergency Response Stats and Facts

FACTS

- 1. Stroke is a leading cause of death for Americans, but the risk of having a stroke varies with race and ethnicity.
- 2. Know the warning signs and symptoms of stroke so that you can act fast if you or someone you know might be having a stroke. The chances of survival are greater when emergency treatment begins quickly.
- 3. A stroke, sometimes called a brain attack, happens in one of two ways:

Ischemic stroke—when the blood supply to the brain is blocked

Hemorrhagic stroke—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death.

- Learn the major risk factors. While some risk factors are outside your control — like race, age and gender — there are many you do have the power to control, such as diet, cigarette smoking, cholesterol and blood pressure.
- 2. Patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who received delayed care.
- 3. Stroke risk increases with age, but strokes can—and do—occur at any age.
- 4. Eating too much salt, or sodium, can raise your blood pressure, putting you at higher risk of stroke.

STATS

• In 2018, 1 in every 6 deaths from cardiovascular disease was due to stroke.

- Someone in the United States has a stroke every 40 seconds. Every 4 minutes, someone dies of stroke.
- Every year, more than 795,000 people in the United States have a stroke. About 610,000 of these are first or new strokes.
- About 185,000 strokes—nearly 1 of 4—are in people who have had a previous stroke.
- About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.
- High blood pressure, also called hypertension, is a major risk factor for stroke.
- Nearly half of men (47%) have high blood pressure (greater than or equal to 130/80 mmHg) or are taking medicine for their blood pressure. Four out of 5 men with high blood pressure do not have their blood pressure controlled.
- Half of men who are taking medicine for high blood pressure but whose blood pressure is uncontrolled have a blood pressure greater than or equal to 140/90 mmHg.