

# FACTS ABOUT STROKE

## Did you know?

- Stroke is the #3 cause of death in the U.S. and in Kentucky.
- One-half of all African-American women die from stroke or heart disease.

## **Stroke is a medical emergency....** **every second counts!**

### **Warning signs of a stroke may include one or more of these symptoms:**

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

### **Be alert! Someone may be having a stroke if they have trouble responding when you:**

- Ask the person to smile (**F**ace)
- Ask the person to raise both arms (**A**rms)
- Ask the person to speak a simple sentence (**S**peech)

**These could be warning signs of a stroke. Time saved is brain saved!**

**Act FAST – Call 911!**

### **What puts you at risk for a stroke?**

- High blood pressure
- Smoking or exposure to smoke
- High cholesterol
- Diabetes
- Inactive or sedentary lifestyle
- Family history of stroke or heart disease (males BEFORE age 55 or females BEFORE age 65)
- Male gender
- Being overweight
- Being African American

### **What can you do if you are at risk?**

- Check your blood pressure at least once a year because hypertension usually has no symptoms. (Pre-hypertension begins at 120/80 and hypertension begins at 140/90.)
- Do not smoke or use tobacco products.
- Get a complete lipid profile as the first test for high cholesterol.
- Control your blood sugar if you have diabetes.
- Get 30-60 minutes of moderately intense physical activity (e.g. brisk walking) on most days.
- Control your weight.
- Eat a balanced diet of heart-healthy foods.
- Limit alcohol consumption per day to 1 or 2 drinks ( $\leq 1$  for most women or  $\leq 2$  for most men).
- Learn to manage stress.
- Take your medication as prescribed. Ask your doctor or pharmacist about any concerns or side effects.

For additional information about stroke and controlling the risk factors, call the

**Chronic Disease Prevention Team**  
**(502) 574-6663**

Visit these websites for more information:

- [www.louisvilleky.gov/health](http://www.louisvilleky.gov/health) Louisville Metro Department of Public Health and Wellness
- [www.strokekyin.org](http://www.strokekyin.org) (Kentucky and Southern Indiana Stroke Association)
- [www.stroke.org](http://www.stroke.org) (National Stroke Association)
- [www.strokeassociation.org](http://www.strokeassociation.org) (American Stroke Association)
- [www.ninds.nih.gov](http://www.ninds.nih.gov) (National Institute of Neurological Disorders and Stroke)
- [www.omhrc.gov](http://www.omhrc.gov) US Office of Minority Health
- [www.cdc.gov/cvh](http://www.cdc.gov/cvh) (Centers for Disease Control and Prevention)

