



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# 05

## Key Facts About Stroke



FACT #1:

### stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #3:

### about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #5:

### time lost is brain lost

Now that you know how to prevent a stroke, learn how to detect one quickly:

# B.E. F.A.S.T.

Balance  
Loss

Eye (Vision)  
Changes

Face  
Drooping

Arm  
Weakness

Speech  
Difficulty

Time to  
Call 911



FACT #2:

### types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or “warning stroke” caused by a temporary blockage.



FACT #4:

### prevention is key

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

HCA  Healthcare®  
FOUNDATION

The HCA Healthcare Foundation is a national supporter of the Together to End Stroke® initiative.

stroke.org



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# B.E. F.A.S.T. is how we come *together* to end stroke®

Learn the stroke warnings signs

## B.E. F.A.S.T.

Balance  
Loss

Eye (Vision)  
Changes

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, at your workplace, or in a store where you shop — anywhere. Knowing how to recognize the warning signs and acting quickly can save a life and help prevent long-term disability.

Calling 911 is the fastest way to get stroke care. EMS can begin treatment immediately and alert the hospital stroke team before you arrive. 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 a clot-busting drug IV r-tPA Alteplase or Tenecteplase (TNK) within 4.5 hours of their first symptoms were 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.

**HCA**  **Healthcare®**  
**FOUNDATION**

The HCA Healthcare Foundation is a national supporter of Together to End Stroke.

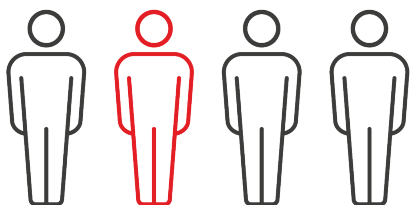
**stroke.org**



American  
Stroke  
Association.  
A division of the  
American Heart Association.

## GETTING TO THE **HEART OF STROKE™**

# I AM Determined to Prevent Another Stroke



## 1 IN 4

**CLOT-RELATED STROKE SURVIVORS  
WILL HAVE ANOTHER STROKE.**

A **previous** ischemic stroke puts you at a **higher risk** of having a second one.



of **strokes** may be prevented by:

- **Managing blood pressure, cholesterol and diabetes**
- **Making healthy lifestyle choices**  
*such as eating a healthy diet, being physically active, not smoking and limiting alcohol*
- **Taking medications as recommended by your doctor**  
*after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy*

**Treatment to prevent future strokes can be tailored to individual situations.**

Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

**Preventing another stroke starts with YOU.**  
Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at  
**[stroke.org/OnIsEnough](https://stroke.org/OnIsEnough)**

### ONE IS ENOUGH

**Tips to help prevent another stroke:**

- ✓ Work with my doctor to identify the cause of my stroke or previously unknown risk factors.
- ✓ Keep my follow-up appointments.
- ✓ Take my recommended meds and talk to my doctor before making any changes.
- ✓ Manage my risk factors with small, healthy steps for big impact.
- ✓ Connect with a group for support, information and shared experiences.
- ✓ Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- ✓ Call **911** if I see or have any stroke warning signs or symptoms.

**HCA Healthcare®  
FOUNDATION**

The HCA Healthcare Foundation  
is the national sponsor of  
Getting to the Heart of Stroke™.

© Copyright 2022 American Heart Association, Inc., a 501(c)(3) not-for-profit.  
All rights reserved. American Stroke Association is a registered trademark of the AHA. Getting  
to the Heart of Stroke is a trademark of the AHA. Unauthorized use prohibited. DS62018 10/22



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# High blood pressure increases risk of stroke.

Normal  
blood pressure  
is below

**120/80**



**Stroke occurs  
when a blood  
vessel to the  
brain is blocked  
or bursts.**

Blood and oxygen flow  
are interrupted, and  
brain cells begin to die.

People with  
**high blood  
pressure** have  
an **increased  
risk of having  
a stroke.**



Up to  
**80%**  
of strokes may  
be **prevented.**

More than

**1 in 3**

American adults with  
high blood pressure  
**don't know they have it.**



At age 50, ideal  
cardiovascular\* health  
adds to life expectancy:

**5.2  
years**  
for men

**6.3  
years**  
for women.



Have your  
blood pressure  
checked and  
keep it in check  
by self-measuring  
at home and  
recording results to help



**REDUCE**  
**your risk of stroke.**

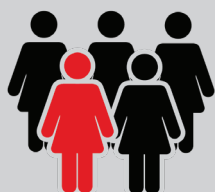
\* Ideal cardiovascular health takes into consideration the following factors: blood pressure, cholesterol, blood sugar, body mass index, as well as behavioral factors of smoking status, physical activity, sleep and diet.

**Together to End Stroke™ before it happens. For more information, visit [heart.org/HBP](https://heart.org/HBP).**

© Copyright 2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association and Together to End Stroke are registered trademarks of the AHA. Unauthorized use prohibited. WF291481 8/23

# Women face higher risk of stroke

## STROKE IN U.S. WOMEN BY THE NUMBERS



**One in 5 women will have a stroke.**

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



**#3**  
cause of death

**Stroke is the No. 3 cause of death in women.**

Stroke kills over 90,000 women a year.



**Among women, Black women have the highest prevalence of stroke.**

## TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

### STROKE RISK INCREASES IN WOMEN WHO:



#### Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



#### Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



#### Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



#### Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



#### Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



#### Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

### STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

**Get their blood pressure checked** before taking birth control pills and monitor every six months.

**Review the risk and benefits** of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

**Quit smoking.** All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

**Get screened for atrial fibrillation** if over the age of 75 as this condition then becomes more common in women.