



*South Plainfield's Premier Stroke
Recovery Subacute Rehab Center*

Explaining Stroke 101

www.stroke.org

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May Is National Stroke Awareness Month

National Stroke Association encourages everyone to spread awareness about stroke in May about how to:

- **ADVOCATE** – Influence public policy and legislature on stroke survivor issues.
- **EDUCATE** – Spread the word about stroke awareness.
- **PARTICIPATE** – Get involved and make a difference in the world of stroke.



Be Stroke Smart

Reduce—Stroke risk



Recognize—Stroke symptoms



Respond—At the first sign of stroke,
CALL 911 IMMEDIATELY



Stroke Facts

- A leading cause of death in the United States
- 795,000 people in the U.S. suffer strokes each year
- 133,000 deaths in the U.S. each year
 - From 1997 to 2007, the stroke death rate fell approximately 34 percent and number of deaths fell by 18 percent
- 7,000,000 stroke survivors



Stroke Facts

- A leading cause of adult disability
- Up to 80 percent of all strokes are preventable through risk factor management
- On average, someone suffers a stroke every 40 seconds in the United States



Women & Stroke

- Stroke kills more than twice as many American women every year as breast cancer
- More women than men die from stroke and risk is higher for women due to higher life expectancy
- Women suffer greater disability after stroke than men
- Women ages 45 to 54 are experiencing a stroke surge, mainly due to increased risk factors and lack of prevention knowledge



African Americans & Stroke

- Incidence is nearly double that of Caucasians
- African Americans suffer more extensive physical impairments
- Twice as likely to die from stroke than Caucasians
- High incidence of risk factors for stroke
 - Includes hypertension, diabetes, obesity, smoking and sickle cell anemia



Hispanics & Stroke

- Higher incidence among Mexican Americans than Caucasians
- Mexican Americans are at increased risk for all types of stroke and TIA at younger ages than Caucasians
- Spanish-speaking Hispanics are less likely to know stroke symptoms than English-speaking Hispanics, African Americans and Caucasians



Well-known Stroke Survivors

- President Gerald Ford
- Mary Kay Ash
- Teddy Bruschi
- Charles Schultz
- Sharon Stone
- Harry Caray
- Della Reese
- Charles Dickens
- Kirk Douglas
- Ed Koch
- Roy Horn
of Siegfried & Roy
- Ted Williams

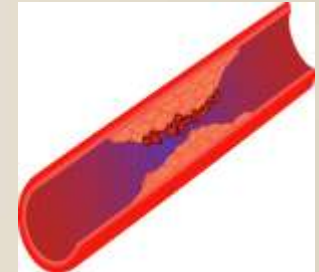


Definition of Stroke

- Sudden brain damage
- Lack of blood flow to the brain caused by a clot or rupture of a blood vessel

Ischemic = Clot

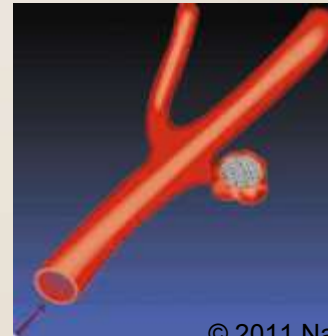
(makes up approximately
87 percent of all strokes)

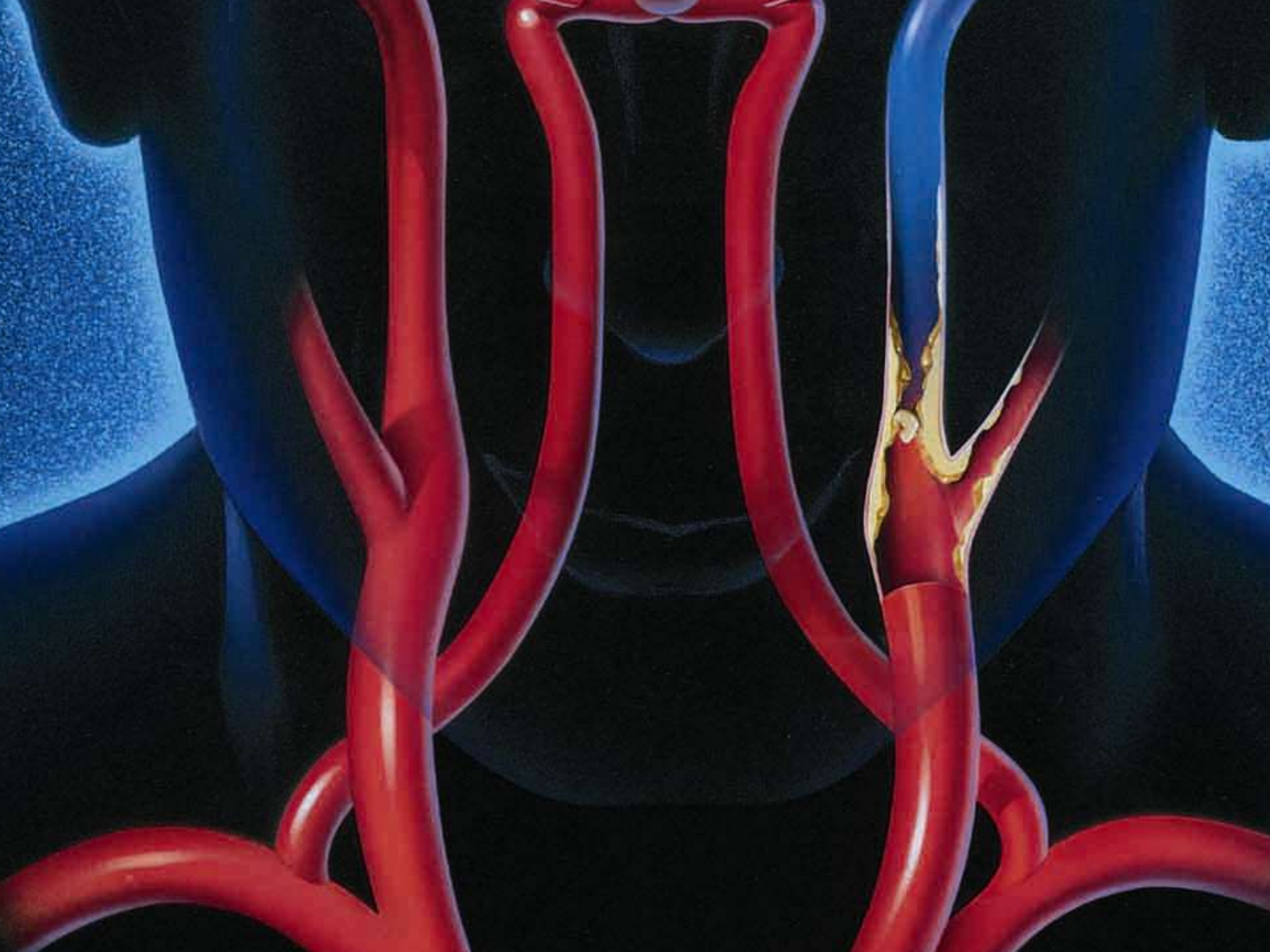


Thrombotic

Hemorrhagic = Bleed

- Bleeding around brain
- Bleeding into brain







Stroke Symptoms

Sudden and severe
headache



Trouble seeing
in one or both eyes



Sudden dizziness
Trouble walking



Sudden confusion
Trouble speaking



Sudden numbness
or weakness of
face, arm or leg



If you observe any of these symptoms,
CALL 9-1-1 IMMEDIATELY

Every minute matters!



Stroke Strikes FAST

You Should, Too. Call 9-1-1

- **F** = FACE: Ask the person to smile.
- **A** = ARM: Ask the person to raise both arms.
- **S** = SPEECH: Ask the person to speak a simple sentence.
- **T** = TIME: If you observe any of these signs, call 9-1-1 immediately



Transient Ischemic Attack (TIA)

- Transient ischemic attack (TIA) is a warning sign of a future stroke – up to 40 percent of TIA patients will have a future stroke
- Symptoms of TIAs are the same as stroke
- TIA symptoms can resolve within minutes or hours
- It is important to seek immediate medical attention if you suspect that you are having or have had a TIA



Perceptions of Stroke

Reality :

Myth – Stroke:

- Is not preventable
- Cannot be treated
- Only strikes the elderly
- Happens in the heart
- Recovery ends after 6 months

- Up to 80 percent of strokes are preventable
- Stroke requires emergency treatment
- Anyone can have a stroke
- Stroke is a “Brain Attack”
- Stroke recovery can last a lifetime



The Cost of Stroke

The estimated direct and indirect cost of stroke is 73.7 billion in 2010

The mean lifetime cost of ischemic stroke is about \$140,048 in the U.S.



How Do You Prevent Stroke?

National Stroke Association recommends that you follow these guidelines to help people reduce their risk for stroke.



Stroke Prevention Guidelines

1. Know your blood pressure. Have it checked at least annually. If it is elevated, work with your healthcare professional to control it.
2. Find out if you have atrial fibrillation (Afib) – a type of irregular heartbeat. If you have it, work with your healthcare professional to manage it.
3. If you smoke, stop.



Stroke Prevention Guidelines

4. If you drink alcohol, do so in moderation.
5. Know your cholesterol number. If it is high, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.



Stroke Prevention Guidelines

7. Include exercise in your daily routine
8. Enjoy a lower sodium (salt) and lower fat diet
9. If you have circulation problems, work with your healthcare professional to improve your circulation.
10. If you experience any stroke symptoms, call 9-1-1 immediately. **Every minute matters!**



Stroke Awareness

**National Stroke Association
recommends that you learn stroke
symptoms and how to respond
by calling 9-1-1.**

www.stroke.org



People Don't Respond to Symptoms

- Don't recognize symptoms
- Denial
- Think nothing can be done
- Worry about cost
- Think symptoms will go away
- Fear or don't trust hospitals



Acute Stroke Treatments

- **Ischemic stroke** (brain clot)
 - Clot busting medication: tPA (tissue plasminogen activator)
 - Clot-removing devices: Merci Retriever, Penumbra
- **Hemorrhagic stroke** (brain bleed)
 - Clipping
 - Coiling



Stroke Recovery

- 10 percent of stroke survivors recover almost completely
- 25 percent recover with minor impairments
- 40 percent experience moderate to severe impairments requiring special care
- 10 percent require care within either a skilled-care or other long-term care facility
- 15 percent die shortly after the stroke



Types of Stroke Rehabilitation

Physical therapy (PT)

- Walking, range of movement

Occupational therapy (OT)

- Taking care of one's self

Speech language therapy

- Communication skills, swallowing, cognition

Recreational therapy

- Cooking, gardening



Lifestyle Changes for Survivors and Caregivers

- Daily living skills
- Dressing and grooming
- Diet, nutrition and eating difficulties
- Skin care problems
- Pain
- Sexuality/Intimacy
- Behavior
- Depression & Anger
- Emotional Liability
- One-sided Neglect
- Memory Loss
- Communication Problems



Types of Recovery Services

- Rehabilitation unit in the hospital
- In-patient rehabilitation facility
- Home-bound therapy
- Home with outpatient therapy
- Long-term care facility
- Community-based programs



National Stroke Association

What we do...

- Aim to reduce the incidence and impact of stroke
- Advocate for prevention and public education
- Provide professional education and training
- Provide recovery resources for stroke survivors and caregivers

www.stroke.org



National Stroke Association
1-800-STROKES (787-6537)
www.stroke.org

AristaCare at Cedar Oaks

*South Plainfield's Premier Stroke Recovery
Subacute Rehab Center*

732.287.9555

www.aristacare.com



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