

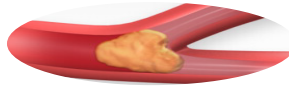
STROKE

Prevent. Treat. Beat.

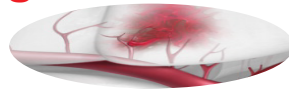
What is Stroke?

A **stroke** occurs when a vessel in the brain ruptures or is blocked by a clot.

Ischemic
blocked



Hemorrhagic
ruptures



No. 5
cause of death in
the U.S.¹

Prevent.

80%
of all strokes are preventable.²

To reduce your risk for stroke, follow **Life's Simple 7™**:



Manage Blood Pressure



Eat Better



Get Physically Active



Lose Excess Weight



Lower Cholesterol



Reduce Blood Sugar



Don't Smoke

Treat.

Ischemic stroke patients have up to

3

hours* to receive tPA treatment.³

*Up to 4 1/2 hours for eligible patients.

SPOT A STROKE

FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL 911

Stroke Warning Signs and Symptoms

Beat.

If you or your loved one is a stroke survivor, you are not alone! Check out the resources below to learn more and connect.



@American_Stroke



1-888-4-STROKE



StrokeAssociation.org



<http://bit.ly/17PXD7h>



StrokeAssociation.org/StrokeConnection



[Facebook.com/AmericanStroke](https://www.facebook.com/AmericanStroke)

Sources:

- 1 Low-Risk Lifestyle Behaviors and All-Cause Mortality: Findings from the National Health and Nutrition Examination Survey III Mortality Study Ford ES, Zhao G, Tsai J, Li C. Am J Public Health. 2011 Oct;101(10):1922-9.
- 2 Global Status Report on Noncommunicable Diseases 2010. Geneva, World Health Organization, 2011.
- 3 Guidelines for the Early Management of Patients With Acute Ischemic Stroke. Stroke. 2013; 44: 870-947. Published online before print January 31, 2013, doi: 10.1161/STR.0b013e318284056a.