

Stroke

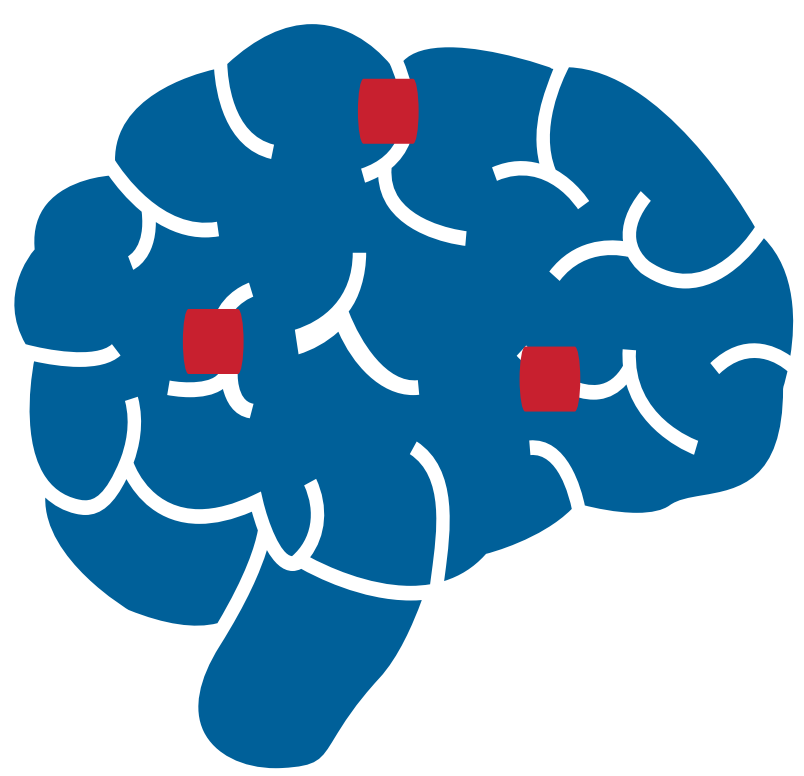
Know the Facts



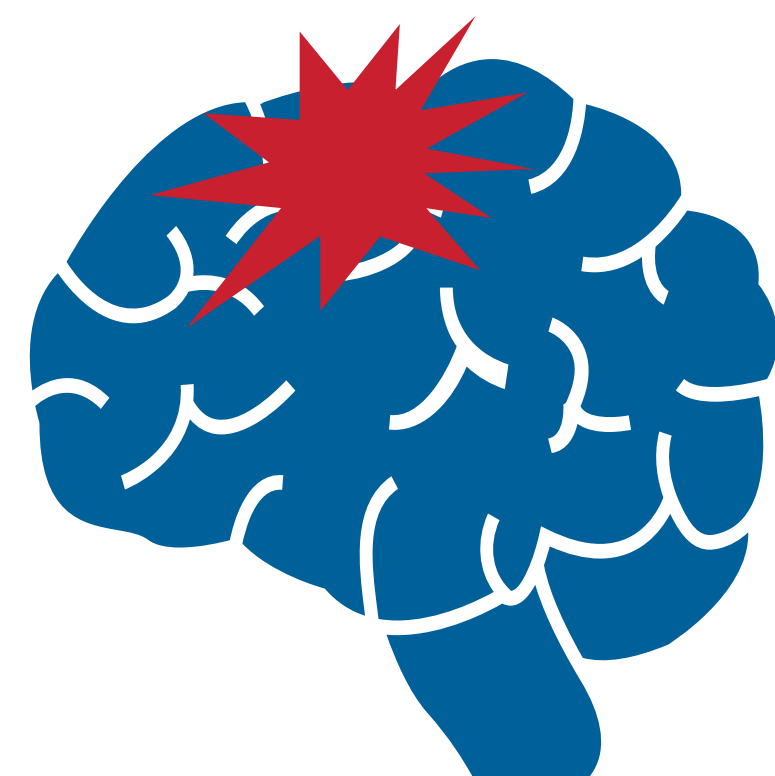
What is a Stroke?

It is sometimes called a “brain attack”, and occurs when something blocks blood flow to the brain or a blood vessel in the brain bursts.

Stroke Types



Ischemic occurs when a blood clot blocks the blood vessels to the brain. Fatty deposits called plaque can cause these blockages by building up in the blood vessels.



Hemorrhagic occurs when a blood vessel in the brain bursts leaking blood into the brain.

Stroke is

5th

Leading cause of death in Virginia in 2022



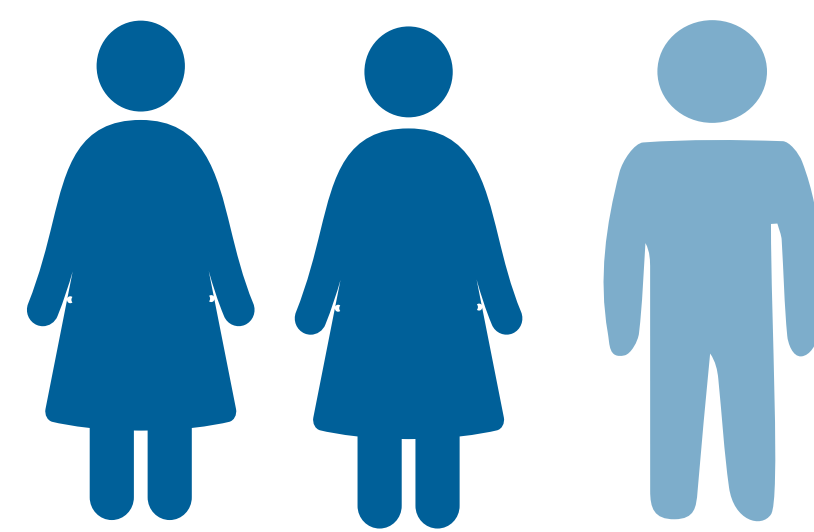
INCREASED Mortality Rate* **42.36**
*per 100,000 in 2022

COMPARED TO 37.38 in 2017

Over **25,000** VIRGINIANS experienced stroke-related hospitalizations in 2022



WOMEN 65-74 YEARS OF AGE are twice as likely to be hospitalized for a stroke as men.



Ways to Lower Your Risk



120
80

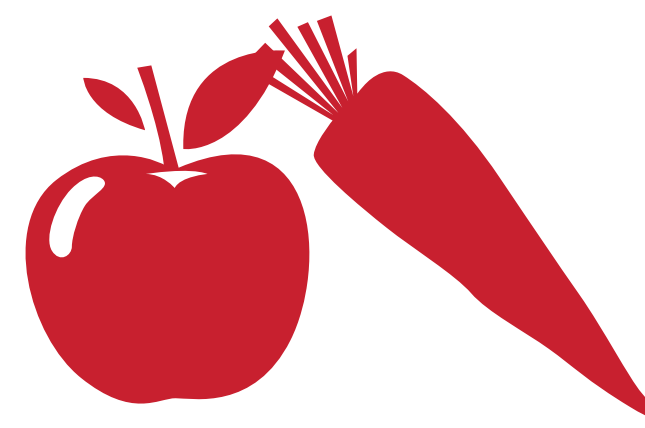
Monitor your blood pressure



Don't smoke



Maintain a healthy weight & exercise regularly



Eat a healthy diet



Limit alcohol



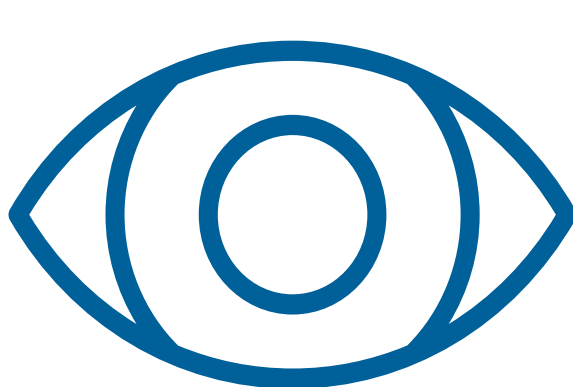
Manage or treat your health conditions

Know the Signs and Symptoms

B - E - F - A - S - T



Sudden trouble walking or loss of **BALANCE**



Sudden trouble seeing in one or both **EYES**



Sudden numbness or weakness of the **FACE** face drooping



Sudden **ARM** numbness or weakness



Sudden trouble **SPEAKING** or understanding others



TIME: If you observe any of these signs, **CALL 9-1-1** immediately

CALL 9-1-1. Don't drive to the hospital.