



## Know Stroke:

Stroke is the third leading cause of death in the United States and a leading cause of serious, long term disability in adults. About 700,000 new strokes are reported in the U.S. each year, which means on average a stroke occurs every 40 seconds.

There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20 percent of strokes are hemorrhagic.

The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the signs and symptoms of a stroke and call 911 quickly.

Getting to a hospital within 60 minutes can help prevent disability.

## Know the signs:

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may look unaware or confused. Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly.

## What are the symptoms of stroke?

The symptoms of stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body).
- Sudden confusion, trouble speaking or understanding speech.
- Sudden loss of vision.
- Sudden trouble walking, vertigo, loss of balance or coordination.
- Sudden severe headache with no known cause.

## Act in time:

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can enhance their chances for successful recovery.

## How to recognize stroke?

*If you think someone is having a stroke remember these 3 tasks S, T, and R:*

1. *S: (Smile) Ask the person to smile.*
2. *T: (Talk) Ask the person to repeat a simple sentence, like "It is sunny out today".*
3. *R: (Raise) Ask the person to raise both arms.*

**If the person has trouble with any of these tasks call 911 immediately!**

## Stroke Risk Factors:

Several factors increase your risk of stroke. The more risk factors you have, the greater your chance of having a stroke.

### Risks that you cannot control:

Increasing age  
Male sex  
Race  
Family history of stroke or Transient Ischemic Attack (TIA)

### Risks that can be controlled with Medical Treatment and Lifestyle Changes:

High blood pressure  
Diabetes  
Cigarette smoking  
High cholesterol  
Obesity  
Heart disease  
Palpitation

**O**aklawn Hospital can help treat you or a loved one with stroke controlled risk factors. Call 1-800- 841-9103 for an appointment to see an Oaklawn physician.

Call or visit the Oaklawn Hospital Life Improvement Center at (269) 781-7585 located at 13697 15 Mile Road, Marshall, MI 49068.

Ask your doctor for stroke screening tests like blood pressure screening, and carotid and vascular ultrasound testing.

If you know someone who has had a stroke Oaklawn's rehabilitation services can help. Oaklawn has speech, radiology service, laboratory service, occupational therapy services, physical therapy services and home health care available to help.



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## BRAIN ATTACK

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Know the signs.  
Act in time.*



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