

Know Stroke

- Each year in the United States, there are more than 795,000 strokes.
- Stroke is the third leading cause of death in the country.
- Stroke causes more serious long-term disabilities than any other disease.
- Strokes can occur at any age.
- Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having a stroke more than double each decade after the age of 55.

Factors That Play a Role in Success of Stroke

The extent of the brain injury

The less severe the injury, the better the chances for recovery.

The stroke survivor's attitude

A survivor's positive attitude can help him or her cope with difficult times and focus on getting better.

Family support

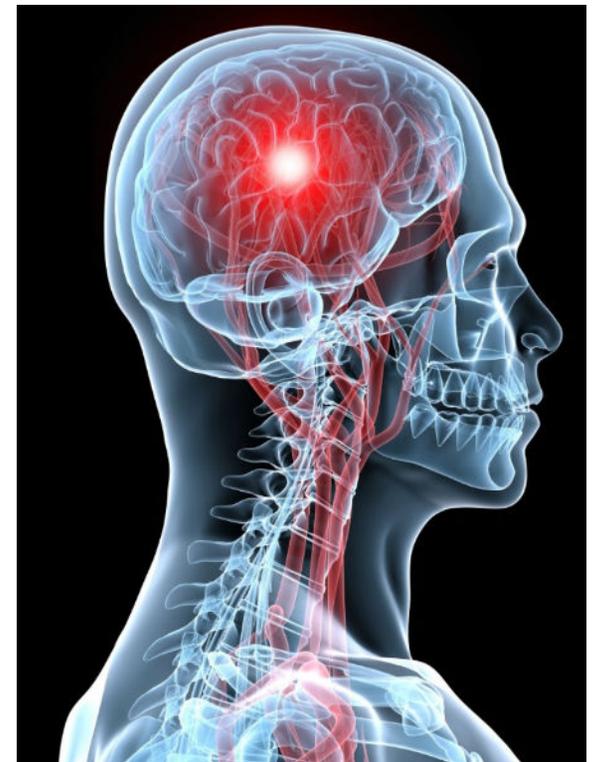
A stroke survivor's family can be the most important form of support during rehabilitation. Family members can reassure stroke survivors that they're wanted, needed, and still important to the family.

Immediate rehabilitation

Rehabilitation must begin as soon after the stroke as possible. Even simple tasks such as exercising paralyzed muscles and turning the person in bed should begin very soon after the stroke. Stroke rehabilitation is most successful when it is a team effort. The stroke survivor and his or her family must work together with the doctor, nurse, and other rehabilitation specialists.

For more information

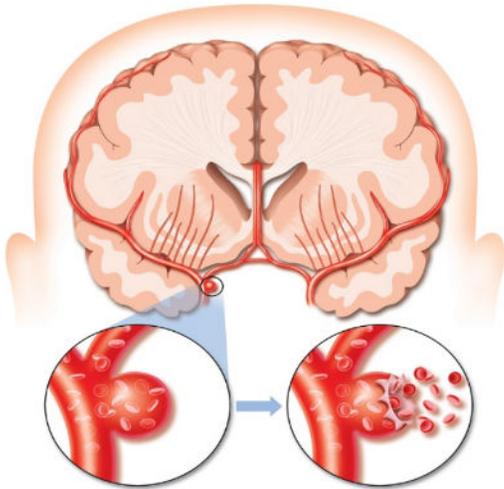
- www.strokeyvin.org
- www.stroke.org
- www.ninds.nih.gov
- www.cdc.gov/stroke



What You Need to Know About Stroke

What is a Stroke?

A stroke occurs when blood flow to the brain stops because it is blocked by a clot. The brain cells in the immediate area begin to die because they stop getting oxygen and nutrients they need to function.



What Causes a Stroke?

There are two kinds of stroke. The most common kind of stroke, called **ischemic stroke**, is caused by a blood clot that blocks or plugs a blood vessel in the brain. The other kind of stroke, called **hemorrhagic stroke**, is caused by a blood vessel that breaks and bleeds into the brain.

What Disabilities Can Result From a Stroke?

- Stroke damage in the brain can affect the entire body – resulting in mild to severe disabilities. These include, but are not limited to
 - Paralysis
 - Problems with Thinking / Memory
 - Speech Problems
 - Emotional Problems



Stroke Symptoms

- 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 trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause

Focus of Rehabilitation

- Restore physical function and enhance the skills needed to perform daily activities
- Build strength, improve balance and regain mobility
- Improve speech and swallowing
- Develop new cognitive and behavioral strategies to compensate for any deficits

