

## National Stroke Awareness Month National High Blood Pressure Awareness Month

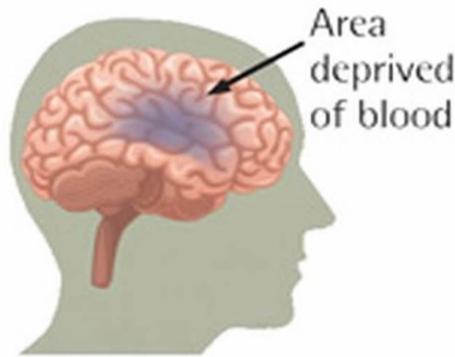
### STROKE

#### (Brain Attack)

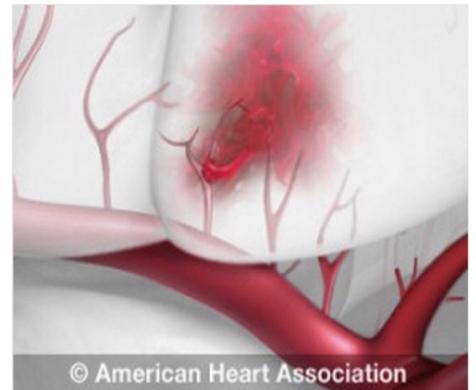
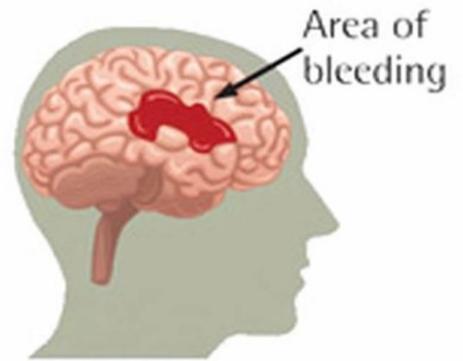
- Blood circulation to the brain fails stroke
- Affects the arteries leading to and within the brain
- Occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or ruptures
- Part of the brain cannot get the oxygen it needs, brain cells die
- Every 40 seconds someone has a stroke
- Each more than 700,000 Americans have a stroke
- More than 160,000 dying from stroke related causes
- No. 5 cause of death
- Leading cause of disability in the US

#### Main Types of Stroke

##### Ischemic Stroke



##### Hemorrhagic Stroke



## Ischemic Stroke

Responsible for about 85% of strokes

Blockage of a blood vessel in the brain or neck

Stems from 3 conditions:

- Thrombosis-the formation of a clot within a blood vessel of the brain or neck
- Embolism-movement of a clot from another part of the body such as the heart to the brain; main cause of embolism is irregular heartbeat or atrial fibrillation or A fib
- Stenosis-severe narrowing of an artery in or leading to the brain

## Hemorrhagic Stroke

Responsible for about 15% of strokes

Bleeding into the brain or the spaces surrounding the brain. Weakened blood vessel ruptures

Stems from mainly 2 conditions:

- Aneurysms-ballooning of a weakened region of a blood vessel. If untreated the aneurysm weakens until it ruptures and bleeds into the brain
- Arteriovenous malformations (AVMs)-cluster of abnormally formed blood vessels. Any of these vessels can rupture causing bleeding in the brain

## Transient Ischemic Stroke (TIA)



- Mini stroke
- Less blood than usual makes it to the brain
- Short lived
- Usually do not result in permanent damage
- Can be a warning sign of a more serious stroke

## SIGNS AND SYMPTOMS OF STROKE

### Spot a stroke: Warning signs and symptoms



Does one side of the face droop or is it numb?

Ask the person to smile. Is the smile uneven or lopsided?

Is one arm weak or numb?

Ask the person to raise both arms. Does one arm drift downward.

Is the speech slurred?

Is the person unable to speak or hard to understand?

Ask the person to repeat a simple sentence.

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately

## ADDITIONAL SYMPTOMS OF STROKE

Sudden Numbness, Sudden Confusion, Sudden Trouble Seeing, Sudden Trouble Walking, Sudden Severe Headache

## DIAGNOSIS OF STROKE

Healthcare provider:

- Will monitor symptoms and medical history
- Do a physical exam with a check of mental alertness, coordination and balance, numbness or weakness in your face
- Run tests including diagnostic imaging of the brain-CT scan or MRI, heart tests including electrocardiogram (EKG) and echocardiography

## TREATMENT FOR STROKE

Stroke risk factors you can control, treat and improve	Stroke risk factors that are not within your control	Additional factors that may be linked to higher stroke risks
<ul style="list-style-type: none"> <li>• High Blood Pressure</li> <li>• Smoking</li> <li>• Diabetes</li> <li>• Diet</li> <li>• Physical Inactivity</li> <li>• Obesity</li> <li>• High Blood Cholesterol</li> <li>• Carotid Artery Disease</li> <li>• Peripheral Artery Disease</li> <li>• Atrial Fibrillation</li> <li>• Other Heart Disease (coronary heart disease, heart failure, dilated cardiomyopathy, heart valve disease, some congenital heart defects)</li> <li>• Sickle Cell Disease (sickle cell anemia)</li> </ul>	<ul style="list-style-type: none"> <li>• Older Age-2/3 of all strokes occur in people older than 65; risk doubles every decade between the ages of 55 and 85</li> <li>• Family history</li> <li>• Race-African Americans and Hispanics are more prone to strokes, African Americans have a much higher risk of death from stroke than Caucasians</li> <li>• Gender-women have more strokes than men and more women die from strokes than men</li> <li>• Prior stroke, TIA or heart attack</li> </ul>	<ul style="list-style-type: none"> <li>• Covid-19</li> <li>• Geographic Location—More common in Southeastern state- the “stroke belt” states: Alabama, Arkansas, Georgia, Indiana, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia</li> <li>• Socioeconomic factors-more common among lower income</li> <li>• Alcohol abuse</li> <li>• Drug abuse</li> <li>• Sleep habits</li> </ul>

### Acute Treatment

#### For Ischemic stroke:

- you may receive tPA (tissue plasminogen activator), a medicine to dissolve clots; must receive this within 4 hours of when symptoms started
- you may receive a medicine to stop the clumping of platelets to prevent blood clots
- if carotid artery disease, a procedure to open the blocked artery

#### For hemorrhagic stroke:

- stop the bleeding; find the source, then control it

- If high blood pressure, may be give blood pressure medicines
- If aneurysm, may need aneurysm clipping or coil embolization to prevent leakage
- If AVM, repair with surgery, injection of substance to block blood flow or radiation

#### Post Stroke Rehabilitation

- Helps to overcome disabilities from the stroke; helps relearn skills
- Helps with independence and improves quality of life
- Prevention of a Second Stroke

## EFFECTS OF STROKE

- Paralysis
- Problems with balance or weakness on one side
- Loss of speech
- Impaired judgment or behavior
- Memory loss
- Issues with bladder or bowel function
- Difficulty swallowing
- Emotional disturbances

## PREVENTION OF STROKE

- Lower your blood pressure
- Get tested for diabetes or keep blood sugars under control
- Stay active
- Maintain a healthy weight
- Don't smoke and avoid secondhand
- Keep up with doctor's visits
- Take medications as directed
- Eat a plant-based diet with lower sodium

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

[heart.org/bplevels](https://heart.org/bplevels)

## WAYS TO IMPROVE BLOOD PRESSURE

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and trans fats and rich in fruits, vegetables, and whole grains.
- Aim to consume less than 1,500-2,300 mg/day of sodium (salt).
- If necessary, take medicine
- Eat foods rich in potassium. Aim for 3,500 – 5,000 mg of dietary potassium per day.
- Limit alcohol to no more than one drink per day if you're a woman or two drinks a day if you're a man. (Standard drink: 12 oz. beer, 5 oz. wine, 1.5 oz. distilled spirits-vodka, gin, rum, tequila, whiskey)
- Be more physically active. Aim for 150 minutes of moderate (brisk walking) physical activity per week or at least 75 minutes of vigorous (jogging) physical activity per week.



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### Our Mission

To bring awareness, prevention, and restoration of lifelong health solutions for diabetes and other chronic conditions to families and communities.

### Stroke Resources

American Stroke Association,  
[www.stroke.org](http://www.stroke.org)

CardioSmart, American College  
of Cardiology-Stroke,  
[www.cardiosmart.org](http://www.cardiosmart.org)

Medline Plus-About Stroke,  
[www.medlineplus.gov](http://www.medlineplus.gov)

National Institute of Neurological  
Disorders and Stroke,  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

## Recipe of the Month

### Roasted Vegetables (modified from Cooking Classy Website)

#### Ingredients

2 medium bell peppers cored, chopped into 1-inch pieces

2 medium carrots, peeled and sliced into 1/4-inch thick slices

1 small zucchini, end trimmed, sliced through the length then cut into 1/2-inch pieces

1 medium broccoli crown, cut into small florets

1/2 medium red onion, peeled and cut into 1-inch chunks

2 Tbsp olive oil

1 1/2 tsp Italian seasoning

2 - 3 cloves garlic, minced

Salt and freshly ground black pepper

1 cup grape tomatoes (optional)

1 Tbsp fresh lemon juice

#### Instructions

- Preheat oven to 400 degrees.
- Place bell peppers, carrots, zucchini, broccoli, and red onion on a rimmed 18 by 13-inch baking sheet\*
- Drizzle with olive oil (broccoli needs a little more than the other veggies), sprinkle with Italian seasoning, garlic, salt and pepper then toss to coat.

