

# Stroke Awareness

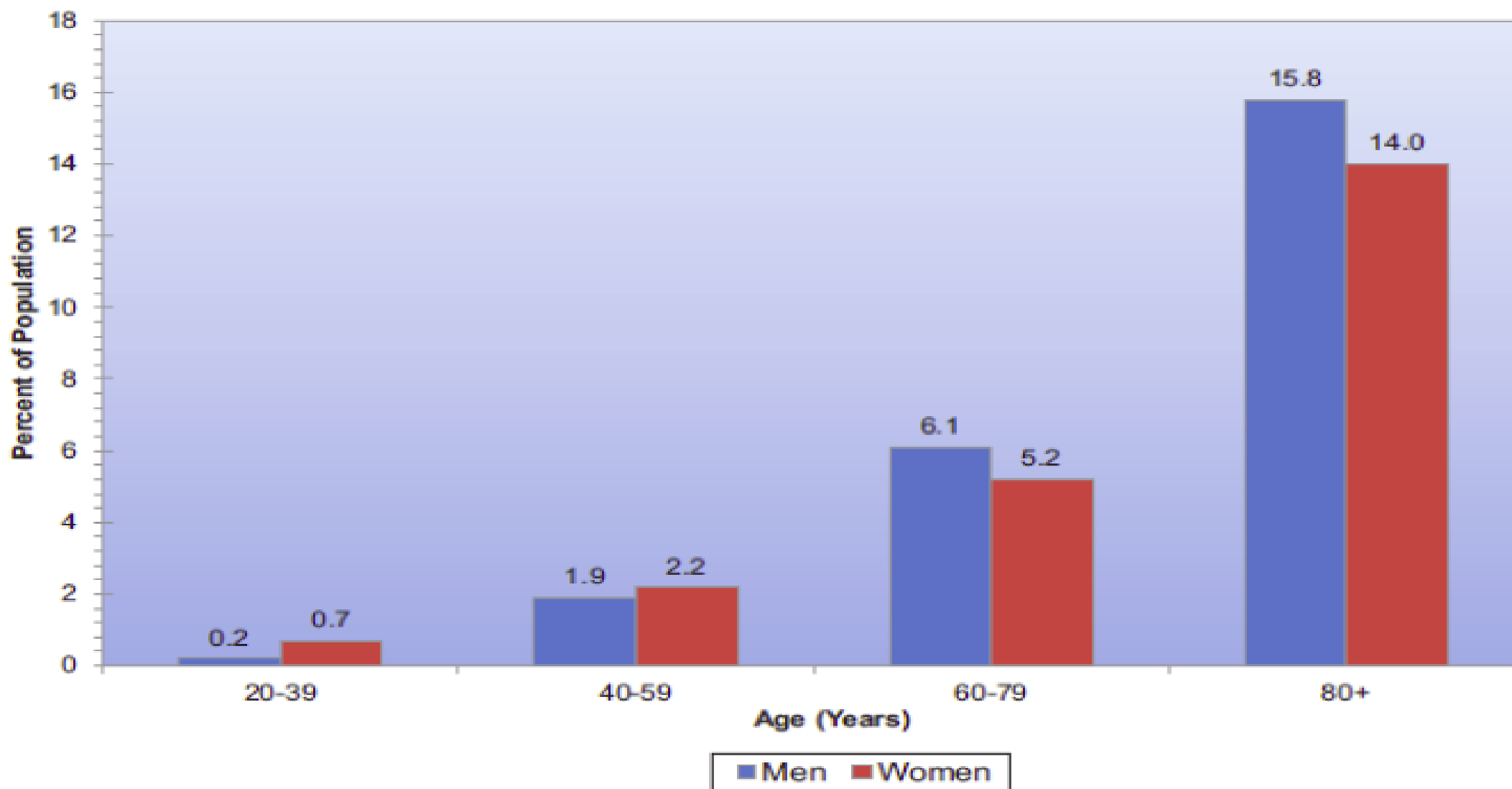
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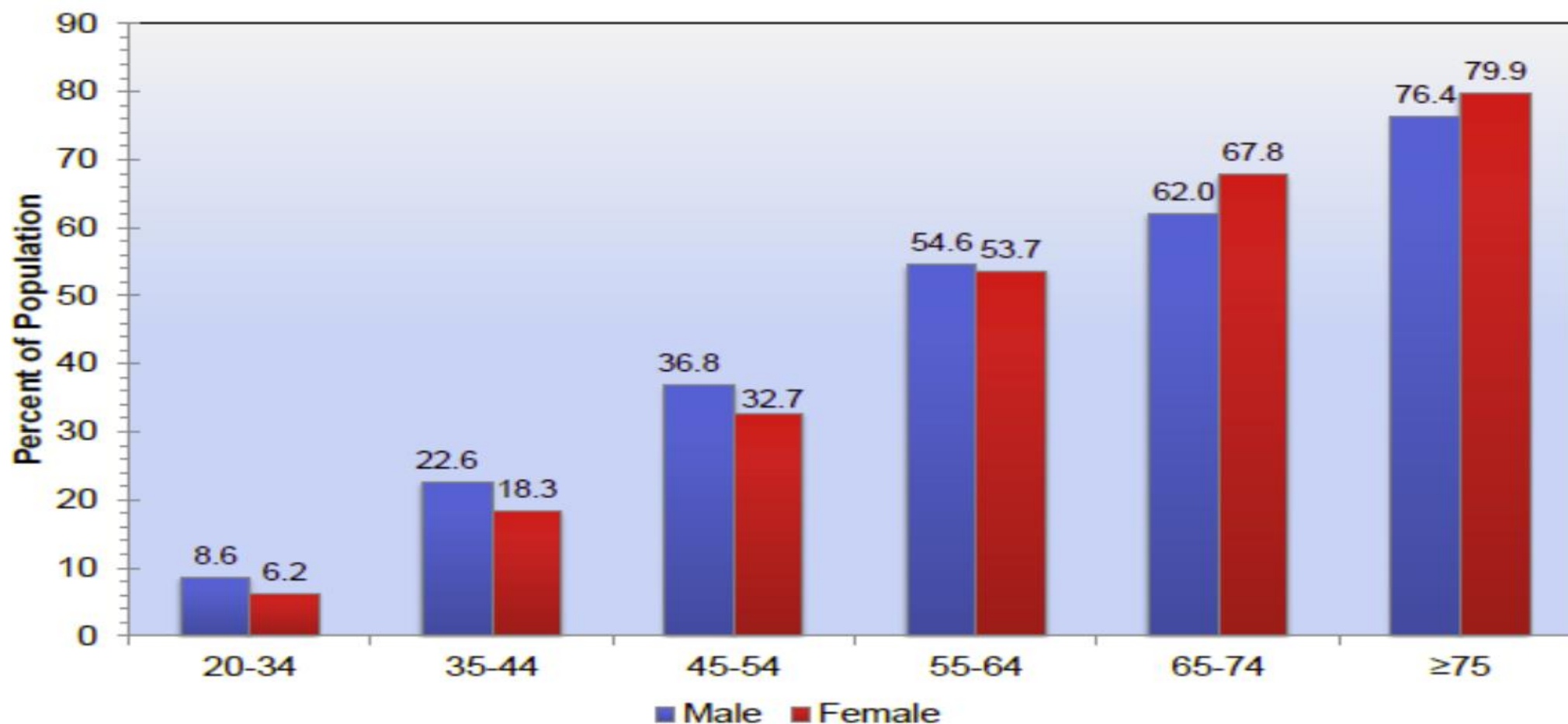


- > 790,000 adults experience ischemic stroke each year in the United States, 185,000 are recurrent strokes
- 2<sup>nd</sup> most common cause of mortality and 3<sup>rd</sup> most common cause of disability
- Incidence decreasing in high income countries, increasing in low income countries
- Recurrent
- Approximately 240,000 will experience a TIA- focal neuro symptoms lasting <24 hours without imaging evidence of infarction.
- TIA increases risk for future stroke
- Annual risk for future stroke after initial is 3-4%.

# Prevalence of Stroke (NHANES: 2009–2012)



## Prevalence of High Blood Pressure in adults $\geq 20$ years of age (NHANES: 2009–2012)



Source: NCHS and NHLBI. Hypertension is defined as SBP 140 mm Hg or DBP 90 mmHg, taking antihypertensive medication, or being told twice by a physician or other professional that one has hypertension.

# Spotting a Stroke

# BEFAST

Balance  
Loss



Eyesight  
Changes



Face  
Drooping



Arm  
Weakness



Speech  
Difficulty



Time to  
call 911



## BE FAST Reminder of Stroke Signs

### **B - Balance**

Is the person suddenly having trouble with balance or coordination?

### **E - Eyes**

Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes without pain?

### **F - Face Drooping**

Does one side of the face droop or is it numb? Ask the person to smile.

### **A- Arm Weakness**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### **S - Speech Difficulty**

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

### **T - Time to call 911**

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately

Source: [American Stroke Association](https://www.stroke.org)

# Know Your Risk for Stroke



# What health conditions increase the risk for stroke?

- Previous stroke or transient ischemic attack (TIA)
- High cholesterol
- Diabetes
- Sickle cell disease
- Obesity



# What behaviors increase the risk for stroke?

- Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to stroke and related conditions, such as heart disease. Also, getting too much salt (sodium) in the diet can raise blood pressure levels.
- Not getting enough physical activity can lead to other health conditions that can raise the risk for stroke. These health conditions include obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your chances for stroke.
- Drinking too much alcohol can raise blood pressure levels and the risk for stroke. It also increases levels of triglycerides, a form of fat in your blood that can harden your arteries.
- Women should have no more than one drink a day.
- Men should have no more than two drinks a day.

# What behaviors increase the risk for stroke?

- Tobacco use increases the risk for stroke.
- Cigarette smoking can damage the heart and blood vessels, increasing your risk for stroke.
- Nicotine raises blood pressure.
- Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
- Exposure to secondhand smoke can make you more likely to have a stroke.

# 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

# Family history and other characteristics that increase risk for stroke

- Genetics (My grandfather's story)
- Age
- Sex- Why are women more at risk?
- Race or ethnicity
- People who are non-Hispanic Black or Pacific Islander may be more likely to die from a stroke than non-Hispanic Whites, Hispanics, American Indian or Alaska Natives, and Asians are.<sup>4</sup> The risk of having a first stroke is nearly twice as high for Blacks as for Whites. Blacks are also more likely to die from stroke than Whites are.<sup>4</sup>

# Preventing Stroke: What You Can Do?

- Choose healthy foods and drinks
- Keep a Healthy Weight
- Get regular physical activity
- Quit Smoking- Smoking doubles your stroke risk. Risk disappears 2-4 years after quitting
- Limit alcohol
- Control your blood pressure
- Check your Cholesterol
- Check your A1C
- Treat heart disease

# Preventing Stroke: What You Can Do?



*82yr old granny deadlifts 153lbs.*

Of Course, Everything Comes with a Risk







# Collaborate with your Health Care Professional

- Remember, you are a member of your health care team
- Tell your provider about and symptoms or concerns, no matter how insignificant they seem.
- Use technology, when appropriate to communicate.
- Make a list of questions before your appointment.

# References

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