

Welcome

STROKE HEROES ACT

FAST



Do you know a friend or relative who has had a stroke, or have you ever had a stroke yourself?

Where in the body does a stroke happen?



Facts About Stroke

- 3rd leading cause of death in the United States
- Risk increases with age, but people of any age can have a stroke
- Leading cause of adult disability in the U.S.
- Without treatment, 62% of people who have a stroke will have moderate to severe impairment

Disability

Loss of ability to:

- Walk
- Talk
- See
- Make facial expressions
- Shower and dress
- Go to the bathroom
- Feed oneself
- Read and write
- Drive

Disability

- Loss of independence and quality of life
- Emotional and financial strain of families and loved ones
- \$41.8 billion a year is spent nationally caring for people disabled by stroke

Get Rapid Treatment!

- Treatment can reduce stroke damage
- Person having a stroke must be admitted immediately

The Problem in Massachusetts!

- Average time to hospital is 22 hours

Why it takes so long:

- Most strokes do not cause pain
- Symptoms can be subtle
- Person having a stroke may be unaware or unable to communicate
- Observers do not think there is a serious problem

FAST



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**Only one symptom is
necessary to indicate stroke**

F = Face

- Droops on left or right side
- Sudden drooling
- Numbness

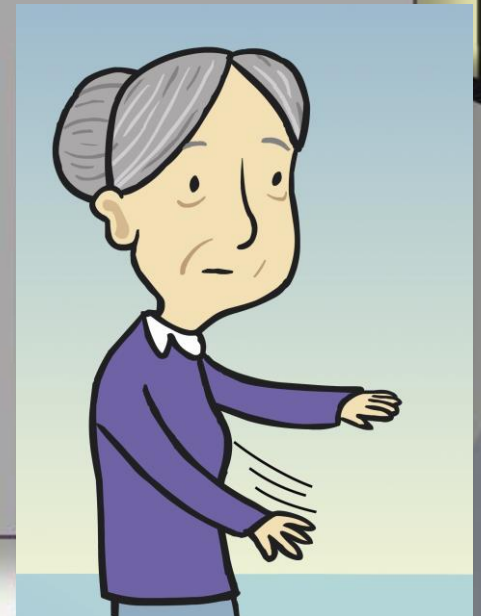
Ask person to smile



A = Arms

- Look for difficulty holding things or putting on clothing
- Numbness
- One arm drifts down or won't go up
- May have trouble walking

**Ask person to raise
both arms**



S = Speech

- Slurred speech
- Doesn't make sense
- May not understand what other people are saying
- Forgets how to read or write

**Ask to repeat phrase
or name object**



T = Time

- Time lost is brain lost
- Save time and brain cells, go in an ambulance

At any sign, Call 9-1-1



Go in an Ambulance

- Person having a stroke will be seen more quickly
- EMTs communicate with ER doctors
- ER can prepare for arrival
- EMTs can monitor condition and begin treatment
- Time saved is brain saved



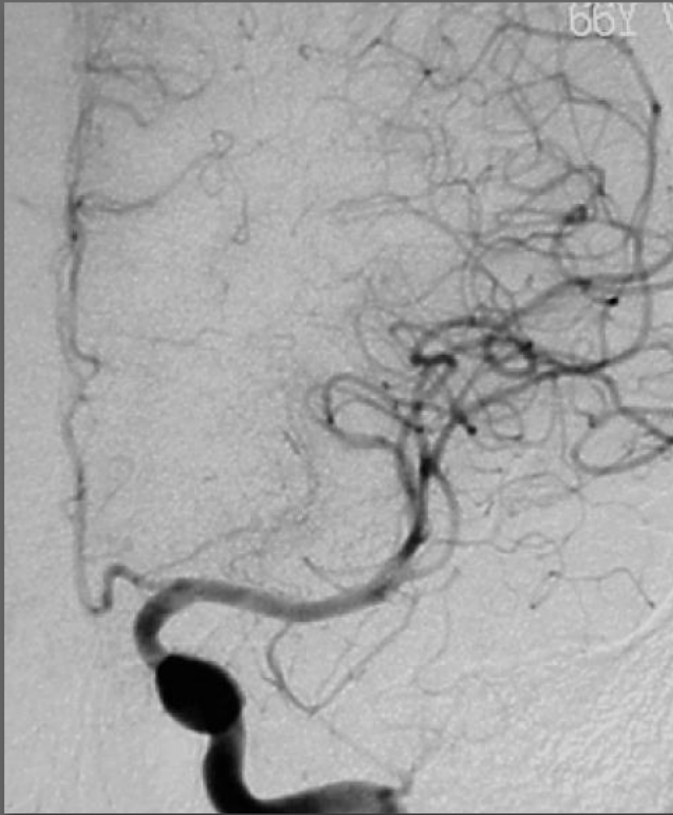
Other Warning Signs of Stroke

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden, severe headache

What is a stroke?

A stroke occurs when something happens to interrupt the steady flow of blood to the brain.

Normal path of
blood through the
brain



Blood flow
through brain
blocked



Three Types of Strokes

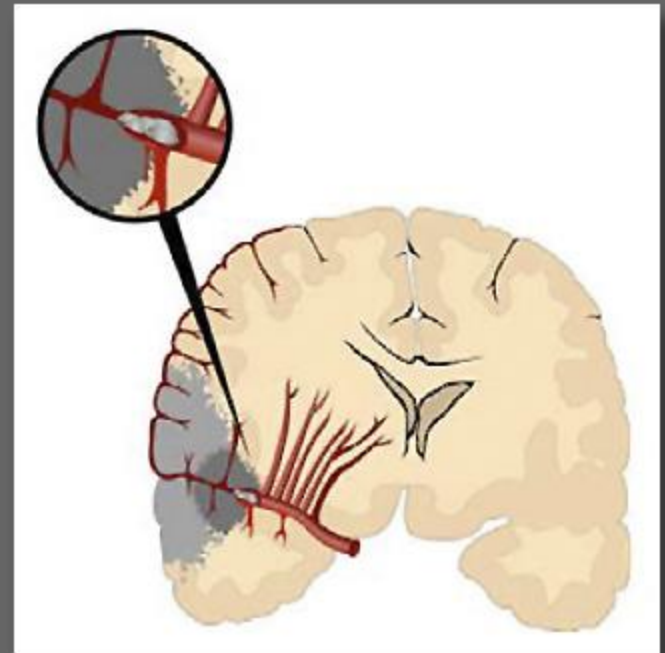
- Mini-Stroke - or Transient Ischemic Attacks (TIA)
- Ischemic caused by blood clot
- Hemorrhagic caused by bleeding

Mini-Stroke

- Brief episodes of confusion
- Difficulty speaking or understanding
- Visual problems, dizziness or loss of balance
- Warning signal for major ischemic stroke
- 30% of strokes are preceded by mini-strokes
- Mini-strokes may occur during sleep
- Call 9-1-1

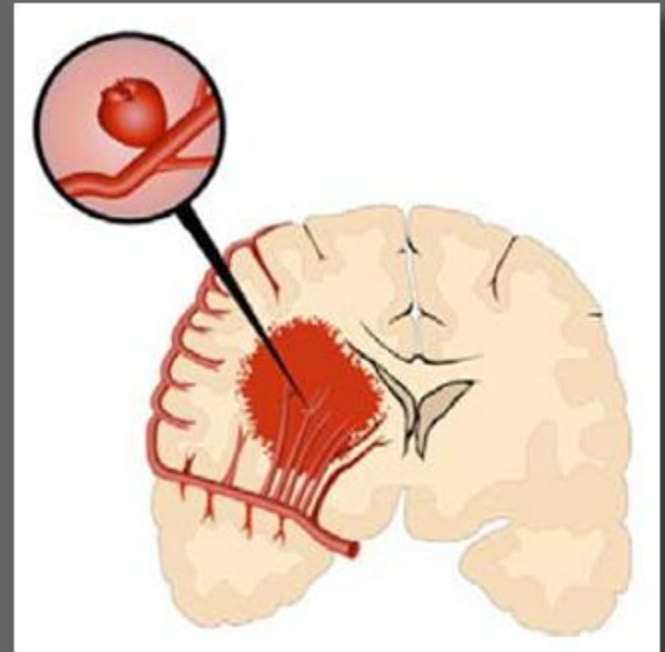
Ischemic Stroke

- Clot blocks flow of blood to brain
- Over 80% of strokes are ischemic
- Clot busting drugs must be administered immediately



Hemorrhagic Stroke

- Bleeding in the brain caused by burst blood vessel or aneurysm
- Can be treated with surgery



A True Story

Wife became alarmed when her husband's speech sounded strange and his face drooped.

- Wife immediately called 9-1-1
- Husband was diagnosed and given tPA within 2 hours
- Husband survived with mild disability



Risk Factors for Stroke

What is the number one controllable risk factor of stroke?

High Blood Pressure

- High blood pressure is present in 70% of people who have a stroke
- Have blood pressure checked regularly
- Take medication as directed

Other Controllable Risk Factors

- Smoking
- Diabetes
- Obesity
- High Cholesterol

Physical Activity

- Walk 30 minutes a day
- Exercise prevents stroke, heart disease and other conditions
- Always wear comfortable shoes

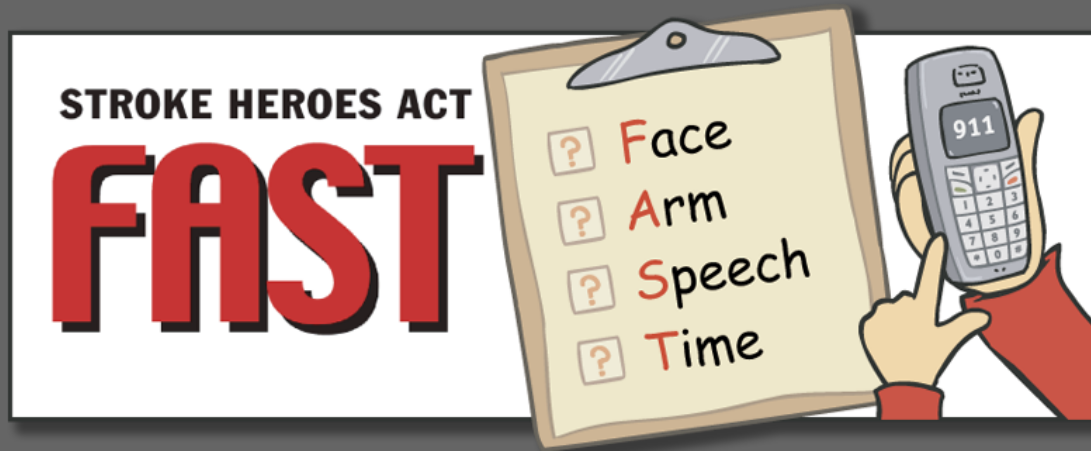


Eat Right

- Reduce intake of fatty foods
- Eat more fruits and vegetables
- Your plate:
 - 1/2 vegetables
 - 1/4 meat
 - 1/4 starch

FAST

Can you remember what
FAST stands for?



At any sign, call 9-1-1

For More Information

Contact the Massachusetts
Department of Public Health

1-800-487-1119

email heart.stroke@state.ma.us

For More Information

- American Academy of Neurology (AAN)
www.aan.com
- American Stroke Association (ASA)
www.strokeassociation.org 1-888-4-STROKE
- Brain Attack Coalition (BAC)
www.stroke-site.org
- National Institute of Neurological Disorders and Stroke (NINDS)
www.ninds.nih.gov/disorders/stroke/stroke.htm
- National Stroke Association (NSA)
www.stroke.org 1-800-STROKES

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References

1. Broderick JP, William M. Feinberg Lecture. Stroke therapy in the year 2025: Burden, breakthroughs, and barriers to progress. Stroke 2004; **35**(1): p. 205-11.
2. Improving the Chain of Recovery for Acute Stroke in Your Community: Task Force Reports, December 12-13, 2002. National Institute of Neurological Disorders and Stroke Symposium, NIH Publication No. 03-5348, September 2003 (page 60)
3. Kothari RU, Pancioli A, Brott T, Broderick J: Cincinnati Prehospital Stroke Scale: Reproducibility and Validity. Ann Emerg Med. April 1999; 33:373-378
4. Medline Plus, Adam Health Illustrated Encyclopedia

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