The Importance of Stroke Awareness

SECONDS COUNT. The longer stroke symptoms go on without medical care, the less likely you are to recover. Approximately 40% of people cannot identify a single symptom of stroke.

For each decade after age 55, the risk of stroke doubles. However, each year 28 percent of people who suffer a stroke are under age 65.

Women account for approximately 43 percent of strokes that occur each year, but they account for 61 percent of stroke deaths.

Approximately 61% of people who suffer a stroke suffer an improved outcome.

The clot-busting drug IV t-PA has proven effective when administered within 3 hours of suffering a stroke. There is a 32% chance the patient will have an improved outcome.

Learn the symptoms for a FAST response:

FACE
One side of the face may droop or become numb.

Ask the person to smile to see if their smile is uneven.

Check the time so you'll know when the first symptoms appeared.

ARM
One arm may become weak or numb.

Ask the person to raise both arms to see if one arm is numb.

See if the person can move both arms.

SPEECH
Speech may become slurred and the person may be unable to speak or be hard to understand.

Ask the person to repeat a simple sentence, like “The sky is blue.”

See if the person can repeat a simple sentence, like “The sky is blue.”

TIME
Seconds count. When someone shows ANY of these symptoms...

CALL 911 IMMEDIATELY

Ways to Reduce the Risk of Stroke:

- Don’t smoke

- Eat foods low in fat, cholesterol, sodium and added sugars

- Be physically active

- Take medicine as directed

- Manage high blood pressure

- Reach and maintain a healthy weight

- Decrease your stress level

- Have regular medical checkups

Choose the region’s only Comprehensive Stroke Center

Call the Stroke Line at (801) 587-9935 or visit stroke.uofuhealth.org