Stroke Fact Sheet

What is a Stroke?
A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. A stroke can cause lasting brain damage, long-term disability, or even death.

What Causes a Stroke?
If something happens to block the flow of blood, brain cells start to die within minutes because they can’t get oxygen - this causes a stroke.

Signs & Symptoms
● Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body
● Sudden **confusion**, trouble speaking, or difficulty understanding speech
● Sudden **trouble seeing** in one or both eyes
● Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
● Sudden **severe headache** with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms.

What You Should Know About Strokes
● African Americans, Hispanics, American Indians, and Alaska Natives may be more likely to have a stroke than non-Hispanic whites or Asians.
● Having a history of previous stroke or transient ischemic attack, high blood pressure, high cholesterol, heart disease, diabetes, and sickle cell disease.
● Being overweight - especially around the abdomen (stomach) increases your risks for stroke.
● Unhealthy Diet; Diets high in saturated fats, trans fat, and cholesterol increases your risks.
● Family History of strokes increases your risk.
● Being physically active less than 3 times a week increases your risks.
● Stroke is more common in women than men.
● Pregnancy and use of birth control pills pose special stroke risks for women.

Source: [Centers for Disease Control and Prevention](https://www.cdc.gov)