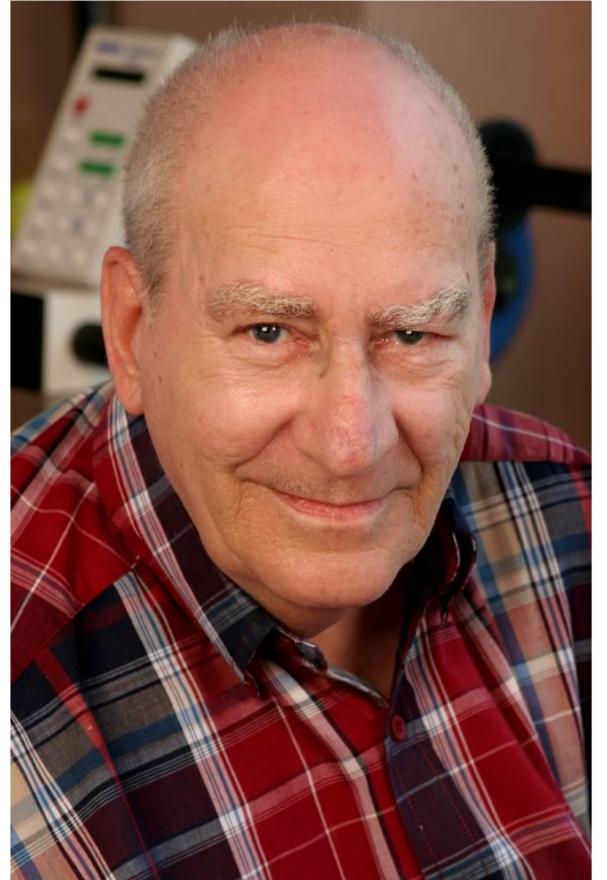


# STROKE is a BRAIN ATTACK

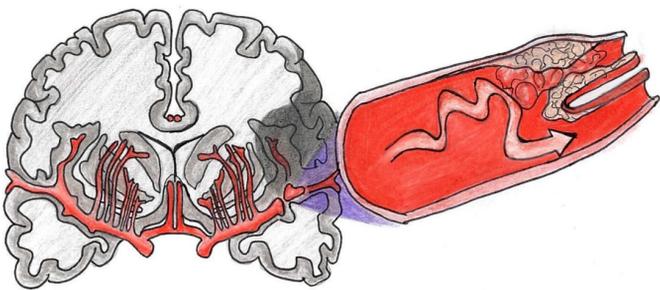
## Did You Know?

- There are an estimated 62,000 strokes in Canada each year – that's one stroke every 9 minutes
- Stroke is the 3rd leading cause of death and a leading cause of disability
- 60% of stroke survivors will have a long-term impairment that can affect participation in everyday activities
- At least 20% of residents in Long Term Care have had a stroke



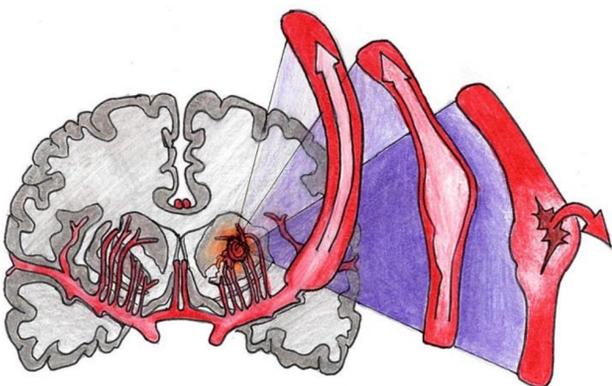
**STROKE is caused by an interruption of blood flow causing brain cells to die quickly**

## Two Common Types of Stroke



### Ischemic Stroke (~80%):

- Blood supply in the brain is blocked by blood clots and/or a build up of plaque

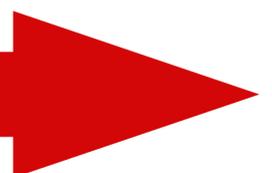


### Hemorrhagic Stroke (~20%):

- Blood vessel leaks or ruptures

## What is a TIA?

- A TIA is a **T**ransient **I**schemic **A**ttack caused by a short-term lack of blood flow to the brain
- TIA is an important warning that a more serious stroke may occur soon and must be treated as a **MEDICAL EMERGENCY**



# Risk Factors For Stroke

## Risk Factors You Can't Control

- **Age** (>55 years)
- **Gender** (*before menopause* women have a lower risk than men)
- **Family History** (parent or sibling had a stroke before age 65)
- **Ethnicity** (increased risk for people of African or South Asian background)
- Indigenous heritage
- **Prior Stroke or TIA**

## Risk Factors You Can Do Something About

- **High Blood Pressure**
- **Diabetes**
- **High Blood Cholesterol**
- **Atrial Fibrillation** (irregular heart beat)
- **Unhealthy Weight**
- **Unhealthy Diet**
- **Physical Inactivity**
- **Smoking**
- **Excessive Alcohol Consumption**
- **Recreational Drug Use**
- **Birth control and hormone replacement therapy**
- **High Stress Levels**



Most strokes are preventable and can be managed by lifestyle changes and medication

## Stroke Signs

Recognizing and responding immediately to the signs of stroke can significantly improve survival and recovery:

# Learn the signs of stroke

- F** **ace** is it drooping?
- A** **rms** can you raise both?
- S** **peech** is it slurred or jumbled?
- T** **ime** to call 9-1-1 right away.

If someone experiences any of these signs **CALL 9-1-1** or your local emergency number immediately.

Act **F A S T** because the quicker you act, the more of the person you save.

# What a Stroke Survivor May Experience

Effects of a stroke and extent of stroke recovery depend on how long it took to get to hospital, location and size of brain damage, amount of time brain had no blood flow, available blood supply and how quickly healthy brain areas took over the functions affected by the stroke (neuroplasticity).



**Recovery begins immediately after a stroke and continues throughout one's life.**

Recovery may be affected by age, general health, personality, coping abilities, emotional state, motivation, available supports and access to rehabilitation.

## Common Effects of Stroke

- Fatigue
- One-sided weakness/paralysis
- Loss of balance/fall risk
- Difficulty with coordination
- Neglecting one side of the body
- Pain (e.g., shoulder, hand)
- Vision problems
- Swallowing problems
- Malnutrition, dehydration
- Bladder/bowel problems
- Trouble communicating
- Frustration
- Poor judgment or impulsive behaviour
- Thinking changes
- Personality and/or emotional changes
- Depression and social isolation

## Stroke Recovery

**You can help stroke survivors to:**

- participate in rehabilitation
- relearn routine activities of living
- regain abilities
- cope with challenges & frustration
- move, eat and drink safely
- communicate effectively
- understand the changes due to stroke
- maintain hope



**Remember** to provide education and support to the family.

**For More Information Go To:** Heart & Stroke Foundation of Canada (2015) Taking Action for Optimal Community and Long Term Stroke Care (TACLS) [Link](#)



**STROKE NETWORK**  
*of Southeastern Ontario*