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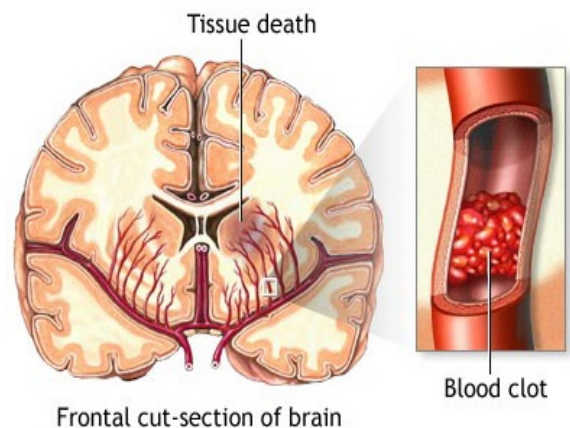
Quality Medical Care in the Comfort of Your Home

Stroke Prevention Program

Problem: Stroke is the fifth leading cause of death in the United States and is a major cause of serious disability for adults. About **795,000** people in the United States have a stroke each year.

Stroke is preventable: You may be able to prevent stroke or lower your chances of having a stroke. Getting fast treatment is important to preventing death and disability from stroke.

About 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. In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.



Understanding Stroke: To understand stroke, it helps to understand the brain. The brain controls our movements, stores our memories, and is the source of our thoughts, emotions, and language. The brain also controls many functions of the body, like breathing and digestion. To work properly, your brain needs oxygen. Although your brain makes up only 2% of your body weight, it uses 20% of the oxygen you breathe. Your arteries deliver oxygen-rich blood to all parts of your brain. 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 of a Stroke:

- Sudden **numbness** or weakness of the face, arms or legs, especially on one side of the body.
- Sudden **confusion** or trouble speaking or difficulty understanding others.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, or loss of balance or lack of coordination.
- Sudden **severe headache** with no known cause.

There are two types of stroke:

- An **ischemic stroke** occurs when blood clots or other particles block the blood vessels to the brain. Fatty deposits called plaque can also cause blockages by building up in the blood vessels.
- A **hemorrhagic stroke** occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue.

Quick Treatment Is Critical for Stroke: A stroke is a serious medical condition that needs emergency care. **Call 9-1-1** right away if you or someone you are with shows any signs of a stroke. Time lost is brain lost. Every minute counts.

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