



Bakersfield Memorial Hospital

A member of CHW

BRAIN ATTACK

KNOW YOUR RISK!



- ◎ **STROKE** is the 3rd leading cause of death in our country
- ◎ Every 45 seconds, someone in the U.S. has a **STROKE**
- ◎ Every 3 minutes, someone dies from a **STROKE**
- ◎ **STROKE** is the leading cause of adult disability in the U.S.

STROKE WARNING SIGNS:

- ◎ Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- ◎ Sudden confusion, trouble speaking or understanding
- ◎ Sudden trouble seeing in one or both eyes
- ◎ Sudden trouble walking, dizziness, loss of balance or coordination
- ◎ Sudden severe headache with no known cause

Treatment can be more effective if given quickly. Every minute counts. If you notice one or more of these signs, don't wait. **STROKE** is a medical emergency. Call 9-1-1. **GET TO A HOSPITAL RIGHT AWAY!**

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RISK FACTORS

STROKE: RISK FACTORS THAT CANNOT BE CHANGED

- **AGE** -- A stroke can happen to anyone but stroke risk increases with age. After 55, your stroke risk doubles for every decade.
- **RACE** -- If you are African American, your risk is twice the rate than for Caucasians. If you are Hispanic or Asian/Pacific Islander, your stroke risk is also higher than Caucasians.
- **GENDER** -- Stroke is more common in men than women. But more women than men die from stroke.
- **FAMILY HISTORY** -- If someone in your family has had a stroke, you have a higher risk of stroke yourself.
- **PREVIOUS STROKE OR TIA** -- If you have already had a stroke or a transient ischemic attack (ministroke), you have a 25-40% chance of having another stroke in the next 5 years.

STROKE: RISK FACTORS THAT CAN BE CHANGED, TREATED OR CONTROLLED

- HIGH BLOOD PRESSURE
- DIABETES MELLITUS
- CAROTID OR OTHER ARTERY DISEASE
- ATRIAL FIBRILLATION
(a heart rhythm disorder)
- OTHER HEART DISEASE
- SICKLE CELL DISEASE
(also called sickle cell anemia)
- HIGH BLOOD CHOLESTEROL

LIFESTYLE CHOICES THAT INCREASE THE RISK OF STROKE.

- CIGARETTE SMOKING
- EXCESSIVE ALCOHOL USE
- POOR DIET
- PHYSICAL INACTIVITY OR OBESITY

STROKE PREVENTION IS THE BEST MEDICINE

Having one or more of these risk factors does not mean you will automatically have a stroke. But because your stroke risk is higher, it is even more important that you ask your doctor about changes you can make to prevent a stroke.

Remember, 80% of strokes are preventable. Which means that every year, up to 600,000 Americans could have prevented their strokes. You can prevent a stroke!



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