

# The Villages®

Public Safety Department



***STROKE:***

*A little knowledge can help!*

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## Stroke: What is it?

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Damage or death to a part of the brain caused by a lack of blood and oxygen to that portion of the brain. This is caused by:

- ⇒ **A clogged vessel:** Ischemic stroke
- ⇒ **A burst vessel:** Hemorrhagic stroke

## Stroke Risk Factors:

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### Risks you CAN'T control →

- ✓ Increasing age
- ✓ Male gender
- ✓ Race
- ✓ Family history of stroke
- ✓ Previous history of stroke

### Risks you CAN control (or attempt to control) →

- ✓ High blood pressure
- ✓ Diabetes
- ✓ Cigarette smoking
- ✓ High blood cholesterol
- ✓ Obesity
- ✓ Heart disease

## Why should I be concerned?

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- Stroke is the 3<sup>rd</sup> leading cause of death in America behind heart disease and cancer.
- 700,000 strokes annually
- 165,000 stroke deaths annually
- Stroke is a leading cause of long-term disability in America
- Stroke has an annual price tag of over \$50 billion. What will your insurance cover?
- Stroke not only kills, it often ruins the quality of life for survivors and care-givers.

# Recognizing a STROKE!

**If you think someone is having a stroke, perform a simple 3-step test:**

1. **Ask the individual to smile – a BIG smile!** Is there any facial droop? Is the smile even?
2. **Have the individual close his/her eyes and raise both arms and hold them out.** Does either arm “drift” downward?
3. **Ask the individual to say: “You can’t teach an old dog new tricks.”** Is the speech crisp and clear? Is there slurring of words?

If the answer is YES to any of the questions above,

**CALL 911 IMMEDIATELY!**

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Why the rush?

**TIME IS BRAIN!**

Rapid intervention / treatment is the key to success, especially if “clot-busting” drugs can be used.

**You can’t wait!**

## Reduce your risk of a stroke

- ✓ Have an annual physical
- ✓ Eat a healthy diet
- ✓ Be aware of family history
- ✓ Maintain a healthy weight
- ✓ Quit smoking
- ✓ Check blood pressure regularly
- ✓ Check your cholesterol levels
- ✓ Exercise
- ✓ If you are diabetic, manage blood sugar levels
- ✓ Take your medications



Stroke  
Prevention  
Begins with  
**YOU!**

A little knowledge can help!