

*Wellness Event*  
**Stroke Awareness**



# Overview



Research confirms that you can reduce your risk of having a stroke by making lifestyle changes. In fact, modifiable risk factors are responsible for 88% of stroke risk!



# Know & Share



**Stroke is the leading cause of serious long-term disability in the United States.**



**Each year, approximately 795,000 people suffer a stroke**



**Nearly three quarters of all strokes occur in people age 65 and over.**



**Lowering blood pressure, losing weight and exercising are the top three ways to help prevent stroke.**

# Discussion

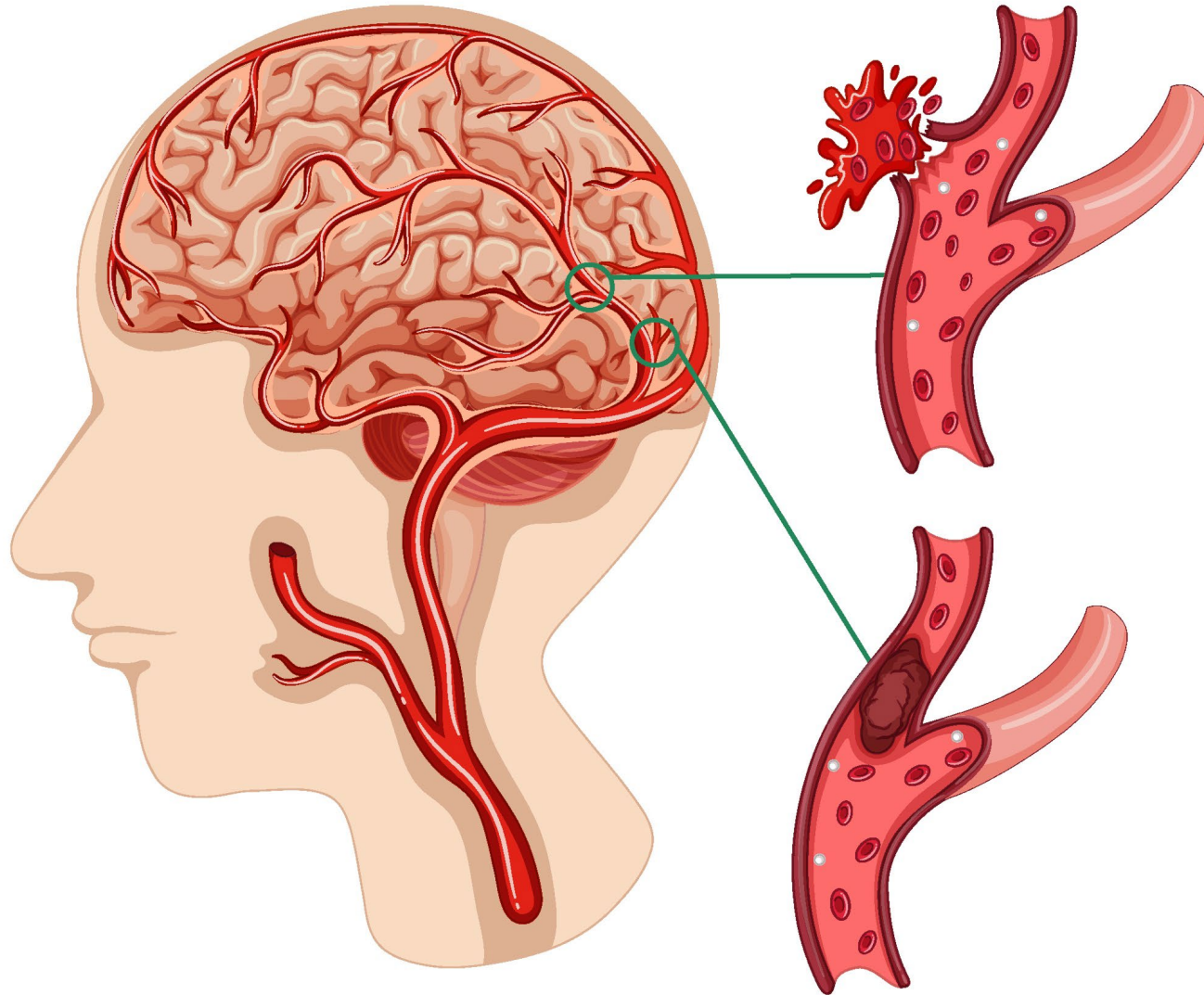


**How have you been impacted by stroke?**

**What steps are you currently taking to help prevent a stroke?**



# Two Types of Stroke



**Hemorrhagic stroke** results when a blood vessel in your brain ruptures or breaks, spilling blood into the surrounding tissues

**Ischemic stroke** occurs when a blood clot keeps blood from flowing to your brain

# Know the Warning Signs of Stroke

**B**

**Balance**



Does the person have a sudden loss of balance?

—  
trouble walking

—  
dizzy

—  
loss of coordination

—  
unsteadiness

**E**

**Eyes**



Has the person lost vision in one or both eyes?

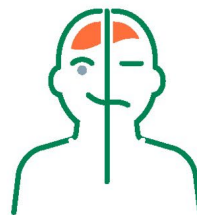
—  
blurry vision

—  
sudden difficulty seeing

—  
one or both eyes may be effected

**F**

**Face**



Does the person's face look uneven?

—  
crooked smile

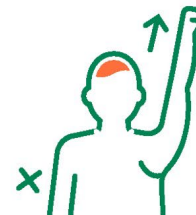
—  
drooping mouth

—  
drooling

—  
facial weakness

**A**

**Arm**



Is one arm hanging down?

—  
can the person raise both arms equally?

—  
sudden arm or leg weakness

**S**

**Speech**



Is the person's speech slurred?

—  
slurred speech  
drooling  
difficulty speaking or remembering words

**T**

**Time**



Time is critical. Call 911 now!

—  
T also stands for "terrible headache"

—  
this is an emergency

—  
call 911 immediately



# What are the modifiable risk factors?



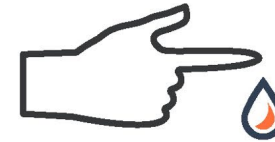
High Blood Pressure



High Cholesterol



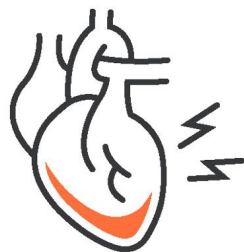
Age



Diabetes



Smoking



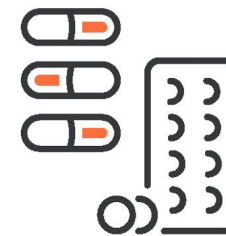
Cardiovascular Disease



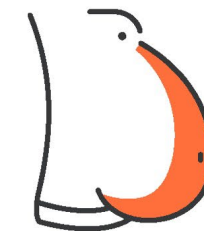
Family History



Alcohol Consumption



Some Medications



Being Overweight

# Discussion



**What are the top things you learned from today's presentation?**

**Do you have any additional thoughts to share with our group today about how to eliminate stress?**





**A Complete Guide to 12 Months of**  
*Healthy Living for Seniors*