

# National Stroke Awareness Month - May 2019

## Know Stroke to Save Your Life or that of a Loved One

**A stroke is an emergency – it can happen to anyone, at any time, and at any age.** Stroke is a #1 cause of adult disability. In the United States, about 795,000 people suffer a stroke each year. Someone has a stroke every 40 seconds, and every 4 minutes someone dies from stroke.



Know the signs and [symptoms of a stroke](#) and know what to do—it will save a life and ensure the best outcome in case of a stroke emergency.

There are two types of stroke: ISCHEMIC & HEMORRHAGIC.

Ischemic stroke, representing 87% of all strokes, can be treated with high success rate if the [treatment](#) is administered in time. In an ischemic stroke a blood vessel becomes blocked, usually by a blood clot, and a portion of the brain becomes deprived of oxygen. In one second, 32,000 brain cells die, and in 59 seconds an ischemic stroke will have killed 1.9 million brain cells.

A hemorrhagic stroke occurs in case of an aneurysm rupture, flooding the surrounding tissue with blood. Although there is [treatment](#) for hemorrhagic stroke, the fatality rate is higher and prognosis poorer for those who experience hemorrhagic strokes.

**Call 911 in the event of stroke.** To ensure best outcomes in a stroke emergency CALL 911 and ask to be transported to the nearest Certified Stroke Center.

### **Download SAF's FREE Lifesaving Stroke Awareness Foundation App**

- Clearly identify stroke signs
- Quickly locates nearest Certified Stroke Centers – anywhere in the US
- Calls 911 while alerting loved ones of your emergency as well as your GPS location
- [Download to your iPhone or Android](#)



### **8th Annual Fight Stroke Walk**

- Sunday, May 5, 2019 • 9:00 AM - 12:30 PM
- San Jose Municipal Rose Garden
- Walk with us in support of the fight against stroke, celebrate with stroke survivors, the stroke care community and the loved ones of those lost to stroke.
- For more information and to register visit: [strokeinfo.org/fight-stroke-walk/](http://strokeinfo.org/fight-stroke-walk/)

