

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/

