

STROKE CANADA

WHAT is a STROKE?

A **STROKE** is a sudden loss of brain function caused by a sudden brain blood vessel blockage (ischemic stroke) or rupture (hemorrhagic stroke).

Ischemic stroke is the most common type of stroke.

Stroke can happen at any age, so **know the signs** and **know what it looks like**.

WHO is AFFECTED?

ABOUT
741,800 CANADIAN ADULTS
AGED 20+ LIVE WITH THE
EFFECTS OF A STROKE (2012/13)

OR
365,000
376,800

that's equivalent to the
population of New Brunswick!



STROKE
PREVALENCE
RISES SHARPLY
AFTER
AGE **55**

1/4 OF CANADIANS WHO
HAVE HAD A STROKE
ARE UNDER AGE 65



WHAT are the RISKS?

ONLY
21%
OF CANADIANS

ARE AWARE THAT **HIGH BLOOD PRESSURE**
IS THE **STRONGEST RISK FACTOR** FOR A STROKE.

OTHER RISK FACTORS include **Smoking, Obesity, Diabetes, High Blood Cholesterol, Atrial Fibrillation (Afib)**

HOW to PREVENT A STROKE

 KEEP BLOOD
PRESSURE
UNDER CONTROL

 BE PHYSICALLY ACTIVE

 QUIT SMOKING

 MAINTAIN A
HEALTHY DIET



EVERY MINUTE COUNTS
in a **STROKE EMERGENCY!**

Survival and full recovery are possible if one acts...

LEARN THE SIGNS OF STROKE

FACE is it drooping?
ARMS can you raise both?
SPEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

ACT **FAST** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

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SOURCES:

Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data files contributed by provinces and territories, as of November 2015. Provincial/territorial health administrative databases include the health insurance registry, hospital discharge database and physician billing database.

Heart and Stroke Foundation. *Access to Stroke Care: The Critical First Hours*. The Heart and Stroke Foundation 2015 Stroke Report.

http://www.heartandstroke.com/site/apps/nline/content2.aspx?c=iQlQmWJHE&b=7498307&t=14775105&utm_campaign=offline&utm_source=strokereport&utm_medium=vanity

This document was developed in collaboration with members of the Heart and Stroke Foundation Stroke Quality Advisory Committee.