

# 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!



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

STROKE  
PREVALENCE  
RISES SHARPLY  
AFTER  
AGE **55**



## 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



MAINTAIN A  
HEALTHY DIET



QUIT SMOKING



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

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

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A** RMS can you raise both?  
**S** PEECH is it slurred or jumbled?  
**T** IME to call 9-1-1 right away.

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



VISIT **canada.ca** and **SEARCH:** stroke  
FOLLOW US ON TWITTER: **@PHAC\_GC**  
**WWW.TWITTER.COM/PHAC\_GC**

**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/lnet/content2.aspx?c=ikQlcmWjIE&b=7498307&ct=14715105&utm\\_campaign=offline&utm\\_source=stroke-report&utm\\_medium=vanity](http://www.heartandstroke.com/site/apps/lnet/content2.aspx?c=ikQlcmWjIE&b=7498307&ct=14715105&utm_campaign=offline&utm_source=stroke-report&utm_medium=vanity)  
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