



**Morristown  
Medical Center**  
ATLANTIC HEALTH SYSTEM

# Encouraging News About Stroke

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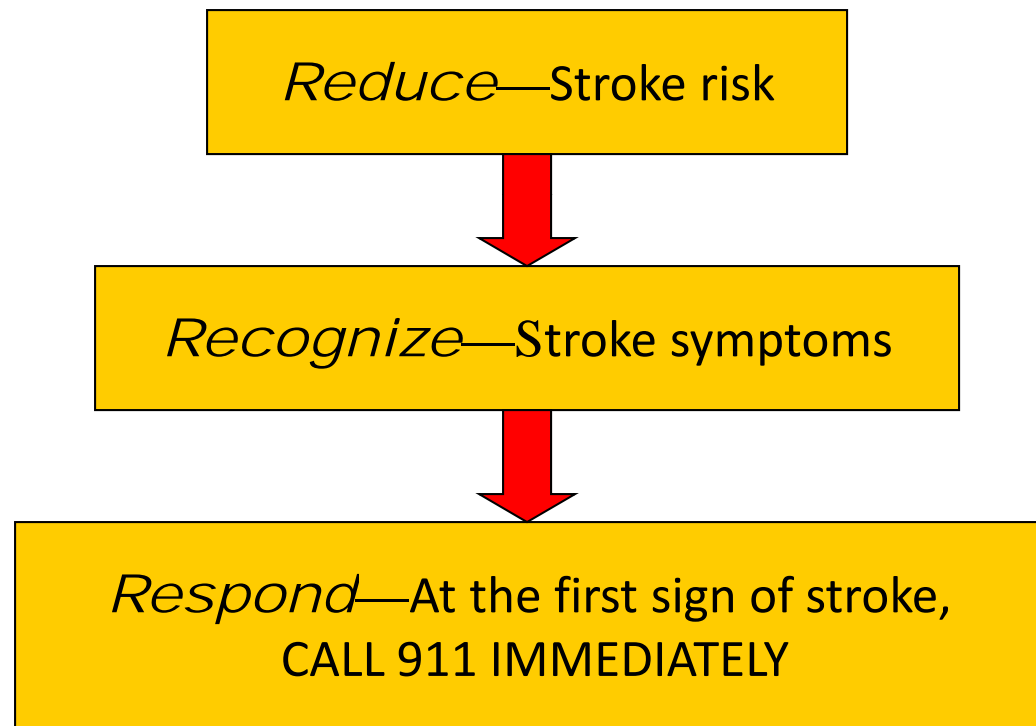
# May Is National Stroke Awareness Month

National Stroke Association encourages everyone to spread awareness about stroke in May about how to:

- **ADVOCATE** – Influence public policy and legislature on stroke survivor issues.
- **EDUCATE** – Spread the word about stroke awareness.
- **PARTICIPATE** – Get involved and make a difference in the world of stroke.



# Be Stroke Smart



# Stroke Facts

- Stroke is the fourth leading cause of death in the United States
- 795,000 people in the U.S. suffer strokes each year
- 133,000 deaths in the U.S. each year
- From 1998 to 2008, the stroke death rate fell approximately 35 percent and number of deaths fell by nineteen percent
- 7,000,000 stroke survivors



# Stroke Facts

- A leading cause of adult disability
- Up to eighty percent of all strokes are preventable through risk factor management
- On average, someone suffers a stroke every 40 seconds in the United States



# Women & Stroke

- Stroke kills more than twice as many American women every year as breast cancer
- More women than men die from stroke and risk is higher for women due to higher life expectancy
- Women suffer greater disability after stroke than men
- Women ages 45 to 54 are experiencing a stroke surge, mainly due to increased risk factors and lack of prevention knowledge



# African Americans & Stroke

- Incidence is nearly double that of Caucasians
- African Americans suffer more extensive physical impairments
- Twice as likely to die from stroke than Caucasians
- High incidence of risk factors for stroke
  - Includes hypertension, diabetes, obesity, smoking and sickle cell anemia



# Hispanics & Stroke

- Higher incidence among Mexican Americans than Caucasians
- Mexican Americans are at increased risk for all types of stroke and TIA at younger ages than Caucasians
- Spanish-speaking Hispanics are less likely to know stroke symptoms than English-speaking Hispanics, African Americans and Caucasians





# Well-known Stroke Survivors

- President Gerald Ford
- Teddy Bruschi
- Sharon Stone
- Della Reese
- Kirk Douglas
- Roy Horn  
of Siegfried & Roy
- Mary Kay Ash
- Charles Schultz
- Harry Caray
- Charles Dickens
- Ed Koch
- Ted Williams



# Definition of Stroke

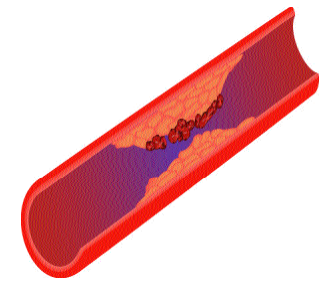
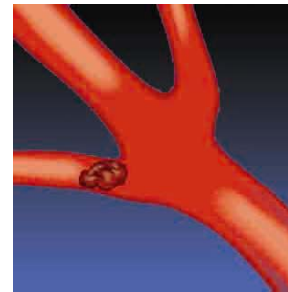
- Sudden brain damage
- Lack of blood flow to the brain caused by a clot or rupture of a blood vessel

*Ischemic = Clot*

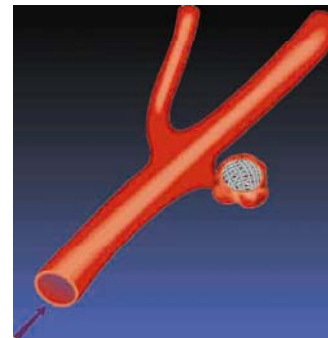
(makes up approximately  
87 percent of all strokes)

*Hemorrhagic = Bleed*

- Bleeding around brain
- Bleeding into brain



**Thrombotic**





# Stroke Symptoms

Sudden and severe  
headache

Trouble seeing  
in one or both eyes

Sudden dizziness  
Trouble walking



Sudden confusion  
Trouble speaking



Sudden numbness  
or weakness of  
face, arm or leg



# Stroke Strikes FAST

## You Should, Too. Call 9-1-1

- *F* = FACE: Ask the person to smile.
- *A* = ARM: Ask the person to raise both arms.
- *S* = SPEECH: Ask the person to speak a simple sentence.
- *T* = TIME: If you observe any of these signs, call 9-1-1 immediately



# Transient Ischemic Attack (TIA)

- Transient ischemic attack (TIA) is a warning sign of a future stroke – up to 40 percent of TIA patients will have a future stroke
- Symptoms of TIAs are the same as stroke
- TIA symptoms can resolve within minutes or hours
- It is important to seek immediate medical attention if you suspect that you are having or have had a TIA



# Perceptions of Stroke

*Reality :*

## *Myth – Stroke:*

- Is not preventable
- Cannot be treated
- Only strikes the elderly
- Happens in the heart
- Recovery ends after 6 months

- Up to 80 percent of strokes are preventable
- Stroke requires emergency treatment
- Anyone can have a stroke
- Stroke is a “Brain Attack”
- Stroke recovery can last a lifetime



# The Cost of Stroke

*The estimated direct and indirect cost of stroke is 73.7 billion in 2010*

**The mean lifetime cost of ischemic stroke is about \$140,048 in the U.S.**





# Stroke Prevention Guidelines

1. Know your blood pressure. Have it checked at least annually. If it is elevated, work with your healthcare professional to control it.
2. Find out if you have atrial fibrillation (Afib) – a type of irregular heartbeat. If you have it, work with your healthcare professional to manage it.
3. If you smoke, stop.



# Stroke Prevention Guidelines

4. If you drink alcohol, do so in moderation.
5. Know your cholesterol number. If it is high, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.



# Stroke Prevention Guidelines

7. Include exercise in your daily routine
8. Enjoy a lower sodium (salt) and lower fat diet
9. If you have circulation problems, work with your healthcare professional to improve your circulation.
10. If you experience any stroke symptoms, call 9-1-1 immediately. **Every minute matters!**



# Call 911



# People Don't Respond to Symptoms

- Don't recognize symptoms
- Denial
- Think nothing can be done
- Worry about cost
- Think symptoms will go away
- Fear or don't trust hospitals



# Acute Stroke Treatments

## **Ischemic stroke** (brain clot)

- Clot busting medication: tPA (tissue plasminogen activator)
- Clot-removing devices: Merci® Retriever, Penumbra®, Trevo®

## **Hemorrhagic stroke** (brain bleed)

- Clipping
- Coiling



# Stroke Recovery

- 10 percent of stroke survivors recover almost completely
- 25 percent recover with minor impairments
- 40 percent experience moderate to severe impairments requiring special care
- 10 percent require care within either a skilled-care or other long-term care facility
- 15 percent die shortly after the stroke



# Types of Stroke Rehabilitation

## Physical therapy (PT)

- Walking, range of movement

## Occupational therapy (OT)

- Taking care of one's self

## Speech language therapy

- Communication skills, swallowing, cognition

## Recreational therapy

- Cooking, gardening





# Lifestyle Changes for Survivors and Caregivers

- Daily living skills
- Dressing and grooming
- Diet, nutrition and eating difficulties
- Skin care problems
- Pain
- Sexuality/Intimacy
- Behavior
- Depression & Anger
- Emotional Liability
- One-sided Neglect
- Memory Loss
- Communication Problems



# Types of Recovery Services

- Rehabilitation unit in the hospital
- In-patient rehabilitation facility
- Home-bound therapy
- Home with outpatient therapy
- Long-term care facility
- Community-based programs



[http://www.youtube.com/watch?v=M\\_gbtpG0dro&feature=endscreen&NR=1\(RAP\)](http://www.youtube.com/watch?v=M_gbtpG0dro&feature=endscreen&NR=1(RAP))

<http://www.youtube.com/watch?v=uG9eDdOEC4U>



# QUESTIONS

