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?**

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**

**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.