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.

### What is a Stroke?

Every minute counts in a stroke emergency! Survival and full recovery are possible if one acts... FAST.

### Who is Affected?

- **878,500** Canadian adults aged 20+ have experienced a stroke (1977-2018) or

- **438,700** or **439,800** stroke risk rises rapidly after age 55.

### What are the Risks?

High blood pressure is the strongest risk factor for a stroke.

- Other risk factors include: smoking, obesity, diabetes, high blood cholesterol, atrial fibrillation (afib), a sedentary lifestyle and diet low in fruits and vegetables.

### How to Reduce the Risks?

- Keep blood pressure under control.
- Be physically active.
- Eat a healthy diet.
- Quit smoking.

### Learn More About Stroke

To learn more about stroke, visit Stroke in Canada. Get data, consult the Canadian Chronic Disease Surveillance System, and consult the Heart and Stroke Foundation and Stroke Care.

### Sources:

- Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data. Risk contributed by provinces and territories, as of February 30, 2018 (data up to 2017-2018). Data from Nunavut and the Northwest Territories were not available for 2017-2018. The Heart and Stroke Foundation signs of stroke poll was conducted by Environics Research Group. A total of 1,010 adults aged 15 and over were surveyed by telephone in December 2012. A survey of this magnitude yields results that are accurate to within plus or minus 1.8 points, 19 times out of 20.

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### 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. Lifesaving treatment begins the second you call 9-1-1.