

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

LEARN THE SIGNS OF STROKE

FACE 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 **F A S T** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.



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

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



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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/inline/content2.aspx?c=ikIQLCMWJtE&b=7498307&ct=14715105&utm_campaign=offline&utm_source=stroke-report&utm_medium=vanity

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