

May is American Stroke Month

It is not a coincidence that National Blood Pressure Education Month and American Stroke Month are being promoted at the same time. High blood pressure is the number one modifiable risk factor for stroke.

Every 45 seconds, someone in America has a stroke. Every 3.1 minutes, someone dies of one.

Stroke killed an estimated 167,661 people in 2000 and is the Nation's third leading cause of death, ranking behind diseases of the heart and all forms of cancer. Stroke is a leading cause of serious, long-term disability in the United States.

- Each year about 700,000 people experience a new or recurrent stroke. About 500,000 are first attacks, and 200,000 are recurrent attacks.
- About 4.7 million stroke survivors are alive today.
- In 1999, more than 1.1 million American adults reported difficulty with functional limitations, activities of daily living, etc., resulting from stroke.
- In 2000, females accounted for 61.4 percent of stroke fatalities.
- Stroke accounts for about half of all patients hospitalized for acute neurological disease.
- According to the NHLBI's Framingham Heart Study, 28 percent, of annual stroke victims are under age 65.
- From 1990-2000 the death rate from stroke declined 12.3 percent, but the actual number of stroke deaths rose 9.9 percent.
- The 2000 death rate per 100,000 population for stroke were 58.6 for white males and 87.1 for black males; and 57.8 for white females and 78.1 for black females.
- From the early 1970s to early 1990s, the estimated number of non institutionalized stroke survivors increased from 1.5 to 2.4 million.
- Stroke costs the United States \$30 to \$40 billion per year.

When part of the brain dies from lack of blood flow, the part of the body it controls is affected. Strokes can cause paralysis, affect language and vision, and cause other problems. Treatments are available to minimize the potentially devastating effects of stroke, but to receive them, one must recognize the [warning signs](#) and act quickly!

Make sure the people you care about learn to recognize a stroke and act quickly. Call 9-1-1 immediately if you or someone near you experiences symptoms. Stroke is a medical emergency!

E-mail the warning signs to someone you care about. [more](#).

Please join Dental Hygienists Against Heart Disease in raising awareness about stroke.

Stroke

Stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a blood clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

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May is American Stroke Month, the perfect time to learn to recognize a stroke.

Check out these web sites:

["I Am A Stroke" PSAs to educate the public about the importance of early response to stroke symptoms.](#)

[Send your E-card - Sharing this information is important.](#)

[Learn More About Stroke.](#)

[Resources and information for You! Request information online.](#)

[Click here for the American Stroke Association](#)

[Train to End Stroke.](#)

[What Are the Risk Factors of Stroke?](#)

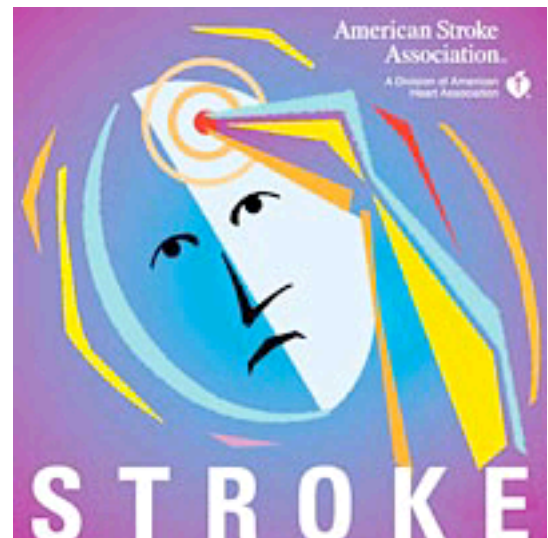
[Stroke Risk Assessment.](#)

[Free magazine available for families recovering from stroke.](#)

[New Multimedia Stroke Information Library.](#)

[Find Out Your Family Link to Stroke.](#)

[Women Wipe Out Stroke Coalition.](#)



1-888-4-STROKE Ask for the Stroke Family Support Network

High blood pressure is a controllable risk factor for stroke. Visit the [Heart Profilers](#) program and get a customized report on treatment options that are best for you.

American Stroke
Association™

A Division of American
Heart Association 

Learn to recognize a stroke.



*Because time
lost is brain lost.*

Call 9-1-1 Immediately If You Experience Symptoms:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

More information? Call 1-888-4-STROKE. Visit StrokeAssociation.org.