Don’t Miss A Stroke

Learn the Warning Signs of Stroke F.A.S.T.—Don’t Wait to Call 9-1-1
Don’t Miss a Stroke Lesson Overview

Welcome
• EmPowered To Serve and the ETS Health Check
• Program Topic and Urgent Community Need

Don’t Miss a Stroke
• Call to Action: Learn the Warning Signs of Stroke F.A.S.T.—Don’t Wait to Call 9-1-1
• Closing Thoughts
What is ETS?  
EmPowered To Serve

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities

• We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
• Learn More at EmPoweredToServe.org.

The AHA’s 2020 Goal

Improve heart health of all Americans by 20%.
Reduce deaths from heart diseases and stroke by 20%.
ETS Health Check

Blood pressure and weight check:
• Starting point for you
• Optional and anonymous, no name

Why check blood pressure?
High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.

HBP is also a risk factor for stroke, the No. 2 killer worldwide.

Why worry about being overweight?
Nearly 70 percent of adults are either overweight or obese.

Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes, and more.
Every 40 Seconds

#5 cause of death among adults in the U.S.

80% can be prevented

Kills 128,000 people a year. That's about one of every 19 deaths

About 800,000 Americans each year suffer a new or recurrent stroke

On average every 4 minutes someone dies of stroke

Women and African-American Men are more likely to die from stroke
Some are at Higher Risk

• Hispanics/Latinos face high risks—many have HBP, overweight/obesity, and diabetes.

• African-Americans are at higher risk for heart disease and stroke.

• Stroke is a common cause of death among American Indians/Alaskan Natives.
Program Objectives

After the lesson, you will be able to talk F.A.S.T. and share with your loved ones:

• Steps to reduce your risk of stroke
• The warning signs and what to do if you think you or a loved one is having a stroke
• The need to call 9-1-1 and get emergency help quickly
What is a Stroke?

Stroke is caused by reduced circulation of blood to the brain, called an *ischemic stroke*.

- A blood vessel (artery) carrying blood and oxygen (nutrients) to the brain is blocked by a clot or fatty plaque or bursts.
- When the part of the brain affected by the diseased artery cannot get enough blood and oxygen, the brain cells at that part of the brain die causing a stroke.
Nearly all strokes, 80 percent, can be PREVENTED. That’s 4 out of 5 strokes that could have NOT happened.
Am I at Risk?

**Age**
The chance of having a stroke doubles for each decade of life after age 55.

**Heredity (Family History)**
Your risk is higher if a grandparent, parent, sister, or brother has had a stroke.

**Race**
African-Americans have a much greater risk of death from stroke.

**Sex**
Women have more strokes than men. Stroke kills more women than men.

**Prior Stroke, TIA, or Heart Attack**
If you’ve already had a stroke, your risk increases.
Embrace Life’s Simple 7® to Reduce Your Risk for Stroke

1. Get Active.
2. Eat Better—choose foods that are low in saturated fat, trans fat, cholesterol, and salt.
3. Lose Weight and keep your weight under control.
4. Stop Smoking and avoid other people’s tobacco smoke.
5. Control Cholesterol.
6. Control Blood Pressure and treat high blood pressure if you have it.
7. Reduce Blood Sugar and control your blood sugar if you have diabetes.

Plus, get regular check-ups and take medicine as prescribed.
The Signs of a Stroke

**Face Drooping:**
Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

**Arm Weakness:**
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**Speech Difficulty:**
Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

**Time to Call 9-1-1:**
If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.
Video: Stroke Warning Signs
Point #2

Learn the Warning Signs of a Stroke F.A.S.T.


- F.A.S.T. is an easy way to remember the sudden signs of a stroke.
- When you can spot the signs, call 9-1-1 for help right away.
Other Symptoms

If someone shows any of these symptoms, call 9-1-1 or emergency medical services.

- Sudden numbness or weakness of the leg, arm, or face
- Sudden confusion or trouble 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
Video: It’s Probably Nothing...NOT
Point #3

Think you’re having a stroke? Call 9-1-1. The sooner you get medical help, the better the outcome.

- Get to a hospital *right away*.
- Don’t drive yourself, unless you have absolutely no other option.

Get Help F.A.S.T.
Take These Steps Today

Before there’s an emergency:

• Find out which hospitals in your area have 24-hour emergency cardiac care.

• Keep a list of emergency phone numbers next to your phone and with you at all times, just in case.

• Print info about the warning signs of stroke: www.strokeassociation.org/warningsigns
Award Winning Hospitals

www.heart.org/myhealthcare
Call to Action

Learn the Warning Signs of Stroke F.A.S.T.—Don’t Wait to Call 9-1-1

*Share what you learned with five friends:*

- Tell them about F.A.S.T. and calling 9-1-1 quickly.
Create a Culture of Health

Commit to take action:

- Go to EmPoweredToServe.org.
- Use My Life Check® to check your progress.

Join Us for more ETS Programs.
Wrap-Up

We appreciate your thoughts!

• Post what you liked best online at: http://community.empoweredtoservec.org/home
EmPoweredToServe.org

Help create a sustainable culture of health:

• Unite with others to drive lasting (sustainable) positive change.
• Learn ways to improve community beliefs and behaviors (culture) about health.
• Share best practices and develop strategies that promote sound body, mind, and spirit (health).
We are EmPowered To Serve

...Serve our health, serve our community

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