**What is a Stroke?**
It is sometimes called a “brain attack”, and occurs when something blocks blood flow to the brain or a blood vessel in the brain bursts.

4th Leading cause of death in Virginia behind cancer, heart disease, and accidents.
20,000 Virginians are hospitalized for stroke each year.

**Ages 65+ Stroke rate triples to 7.1% compared to those aged 45-54 years (2.6%)**

**Brain Attack**
Mortality Rate: 38.0 per 100,000 in 2015
3.2% More Women than men (2.9%) experienced a stroke in Virginia in 2015.

**Know Your Risks**

**Types of Strokes**
- **Ischemic**: Occurs when a blood clot blocks the blood vessels to the brain – fatty deposits called plaque can cause these blockages by building up in the blood vessels.
- **Hemorrhagic**: Occurs when a blood vessel in the brain bursts leaking blood into the brain.

**Risks You Cannot Control**
- Age
- Sex
- Ethnicity

**Risks You Can Control**
- Unhealthy Habits

**Ways to Lower Your Risk**
- 120/80 keep blood pressure low
- Maintain a healthy weight, exercise regularly
- Eat a balanced diet
- Control diabetes

**Know the Signs and Symptoms**

**B-E-F-A-S-T**
- Sudden trouble walking or loss of BALANCE
- Sudden trouble seeing in one or both EYES
- Sudden numbness or weakness of the FACE – face drooping
- Sudden numbness or weakness of the ARM – arm weakness
- Sudden trouble SPEAKING or understanding others

TIME: If you observe any of these signs, call 9-1-1 immediately.

CALL 9-1-1. Don’t drive to the hospital.

VDH VA Department of Health www.VDH.Virginia.gov/Well.com/stroke