

Become a Stroke Smart Champion

As part of Mary Washington Healthcare's ongoing commitment to improve the health of the community we serve, we are providing you with important information about stroke recognition and prevention.

Stroke is a medical emergency. The sooner you receive treatment for a stroke, the less damage to your brain. For every minute a stroke goes untreated, 1.9 million brain cells die.

Call 911 immediately if you suspect that you, a family member, a friend, or even a stranger is having a stroke.

Please do NOT wait; calling 911 allows emergency medical technicians to begin stroke care protocols and alert the hospital to prepare for the patient's arrival, saving precious time.

If you have any questions about your risk factors for stroke, please speak to your medical provider today.

Did you know?

- Every 40 seconds, someone in the United States has a stroke.
- Every 3 minutes and 14 seconds, someone dies of a stroke.
- Stroke is the #1 cause of long-term disability.
- 90% of the time, a bystander calls 911, not the person having the stroke.
- Up to 80% of strokes are preventable. You can reduce your risk of having a stroke by establishing a healthy lifestyle and controlling stroke risk factors.

Spot A Stroke, Stop A Stroke, Save A Life

Stroke Risk Factors

- High Blood Pressure
 - Smoking
 - Diabetes
 - Diet
 - Obstructive Sleep Apnea
 - Physical Inactivity
 - High Blood Cholesterol
 - Obesity
 - Carotid Artery Disease
 - Peripheral Artery Disease
 - Atrial Fibrillation
 - Other Heart Disease
 - Sickle Cell Disease (Sickle Cell Anemia)
 - Alcoholism
- You can't control some risk factors for stroke, such as:**
- Age
 - Family History
 - Race
 - Gender
 - Prior Stroke, TIA or Heart Attack

HIGH BLOOD PRESSURE

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing and controlling it through lifestyle changes and medicine is critical to reducing strokes.

If you have any questions regarding stroke prevention, MWHC Stroke Support Groups, or stroke resources in our community, please contact:







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Stroke.mwhc.com



American Heart Association
 American Stroke Association
CERTIFIED
 Meets standards for
 Primary Stroke Center

Stroke Awareness: BE FAST

- B**  **BALANCE**
Loss of balance, headache, or vertigo
- E**  **EYES**
Loss of vision to one eye or double vision
- F**  **FACE**
One side of the face is drooping
- A**  **ARMS**
Arm or leg is drifting downward
- S**  **SPEECH**
Speech difficulty (abnormal, slurred, garbled, or cannot speak)
- T**  **TIME**
Time to call 911



Mary Washington Healthcare
 Advanced Stroke Care

Stroke Smart

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