

5

THINGS EVERY

STROKE HERO

SHOULD KNOW!

1 Even **SUPERHEROES** are in **DANGER**

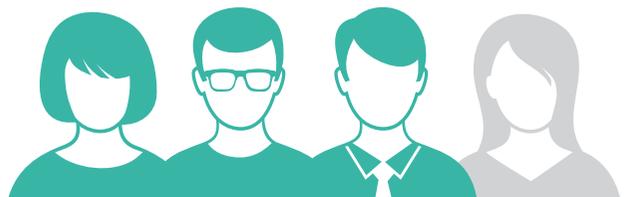
STROKE RISK

increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.



2 **HIGH** blood pressure is stroke's public **ENEMY #1.**

3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.



3 **STROKE** targets by **COLOR**

AFRICAN AMERICANS

have nearly **2x the risk** for a first-ever stroke than white people.



4 **STROKE** is largely **TREATABLE.**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability.**



5 **FRIENDS** usually **SAVE** friends from **STROKE**



Learn to recognize the warning signs of stroke.

F	A	S	T
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

Become a **STROKE HERO** and help save lives at StrokeAssociation.org/StrokeHero

Sources: Unless noted, source is Heart Disease and Stroke Statistics—2016 Update: A Report From the American Heart Association

1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2860311/> 2. <http://stroke.ahajournals.org/content/34/6/e55.abstract?sid=ce35963a-e3ff-49f2-9250-f05a7cd09ddc>

3. <http://circ.ahajournals.org/content/early/2015/12/16/CIR.0000000000000350>