

STROKE

What is stroke?

There are three types of strokes. All involve the interruption of blood or oxygen to the brain.



AZ Fast Fact

More than 45 hospitalizations in Arizona each day are due to stroke.¹

What are the three types of stroke?

- **Ischemic** stroke occurs when an artery supplying blood and oxygen to the brain becomes blocked.
- **Hemorrhagic** stroke occurs when an artery in the brain bursts, either by a weak or thin spot on an artery wall.
- **Transient ischemic attack (TIA)** is sometimes called a mini-stroke. It starts just like a stroke but then clears up within 24 hours, leaving no apparent symptoms or deficits. A TIA is a warning that the person is at risk for a more serious stroke.

Who in Arizona is most at risk for stroke?

Stroke rates are higher among Asian Americans, Hispanics and African-Americans. Women are more likely to die from a stroke than men.

What are the signs and symptoms of stroke?

- Sudden numbness or weakness of face, arms, or legs
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Severe headache with no known cause

- Stroke caused 2,089 deaths in Arizona in 2008. That is about 30 deaths per 100,000.²
- In 2008, 16,715 hospitalizations in Arizona were due to stroke.¹

What are the risk factors for stroke?

Some conditions and some lifestyle factors put people at a higher risk for stroke. Important risk factors for stroke are:

- High blood pressure
- Heart disease
- Diabetes
- Diets high in saturated fat and cholesterol
- Physical inactivity

What can I do about it?

Knowing all 5 of the symptoms and recognizing them as symptoms of stroke is the most important thing a person can do. Early treatment is key to surviving a stroke.

What is Arizona doing?

Arizona participates in several programs that work to help prevent stroke including:

- **Arizona Heart Disease and Stroke Prevention Program: azcvd.gov**
This program, part of the ADHS Bureau of Tobacco and Chronic Disease, works to help lower the number of people in Arizona affected by heart disease and stroke by coordinating collaborative efforts with partners statewide.
- **ADHS Bureau of Nutrition and Physical Activity: eatsmartgetactive.org**
This program helps prevent and control chronic health problems by helping people be physically active and maintain a healthy weight, lowering their risk of stroke.

Further information and resources

American Heart Association/
American Stroke Association

americanheart.org

The American Heart Association/American Stroke Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."

Arizona Cardiovascular Disease Coalition
azcvd.gov/ACDC.htm

A collaboration of health care professionals, managed care organizations, community stakeholders, civic leaders and media representatives working to improve the care of persons with cardiovascular disease, including stroke.

Centers for Disease Control and Prevention
cdc.gov/stroke

An online source for credible health information, including basic information about stroke, stroke prevention, and education resources.

Arizona Health Matters
arizonahealthmatters.org

An interactive website that provides information about community health, including health indicators by county and zip code.



Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com