



Strokes: F.A.S.T. Facts

In the USA, one person dies every four minutes from a **stroke.**

Strokes, or brain attacks, are a very serious, very common condition that can impact anyone of any race or ethnicity.

Although it is more common among people aged 65 and older, nearly 34% of strokes in 2009 were of someone younger.

Strokes also aren't always a one-time thing. One in four people who have previously had a stroke will have a stroke again.

Types of Strokes

There are three main types of strokes, however, the most common stroke is ischemic strokes. 87% of strokes are ischemic strokes. The different types of strokes include:

- Ischemic Strokes happen when blood flow to the brain is blocked, usually through narrow or blocked blood vessels.
- Hemorrhagic Strokes happen when a blood vessel in the brain ruptures and puts pressure on the brain as the blood builds up in your head.
- Transient Ischemic Attack (TIA), or mini-strokes, are strokes in which blood flow to the brain is drastically reduced for short periods of time. These still have the same symptoms and dangers as strokes.

Stroke Risk Factors

Taking care of your body is the easiest way to prevent many of the dangerous illnesses that impact older people. Some of the risk factors of strokes include:

- Heavy drinking, smoking, or illicit drug abuse
- Physical inactivity
- Cardiovascular disease
- High blood pressure
- High cholesterol
- Diabetes
- Age

Signs of Stroke

Learning the warning signs of strokes can prevent long-term issues and after-effects of strokes. Early warning signs are:

- Facial paralysis or drooping
- Confusion and trouble with speech
- Dizziness
- Issues With Sight
- Headaches and muscle weakness
- If you ever find yourself in a situation where someone you know shows one or more of these symptoms, seek help immediately.

F.A.S.T

Remembering this acronym is a good way to be helpful in the instance of a stroke. This will help you recognize common symptoms of a stroke and respond in a useful manner.

- **F = Face.** Ask the person you believe is having a stroke to smile. If one side of their face droops, or they cannot smile, this could be a stroke indicator.
- **A = Arms.** Ask the person to lift their arms. If they have trouble raising or keeping one of their arms raised, this is another indicator.
- **S = Speech.** Ask the person to say something simple, like their name or their favorite type of ice cream. If their speech is slurred or doesn't make sense, this is one more indicator.
- **T = Time.** Remember time is of the essence in stroke treatment. If the person shows even one of these signs, call 911.

Strokes and Medical Misdiagnosis

Strokes are sometimes, but not always, a result of medical misdiagnosis.

Additionally, people may have strokes and have them misdiagnosed as a result of another illness, like alcoholism, addiction, alzheimers, or head trauma. Going without treatment for strokes in these cases can cause severe damage.

If you or anyone you know has had this happen to them, please reach out to VSCP LAW, especially if this happened in Philadelphia, Pennsylvania or New Jersey. VSCP LAW is one phone call or text message away.