



American Stroke Association.  
A division of the American Heart Association.

Together to End Stroke®

# 05

## Key Facts About Stroke



FACT #1:

### stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #3:

### about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #5:

### time lost is brain lost

Now that you know how to prevent a stroke, learn how to detect one quickly:

# B.E. F.A.S.T.

|                 |                         |                  |                 |                      |                     |
|-----------------|-------------------------|------------------|-----------------|----------------------|---------------------|
| Balance<br>Loss | Eye (Vision)<br>Changes | Face<br>Drooping | Arm<br>Weakness | Speech<br>Difficulty | Time to<br>Call EMS |
|-----------------|-------------------------|------------------|-----------------|----------------------|---------------------|



FACT #2:

### types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



FACT #4:

### prevention is key

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

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