



# STROKE :

## How do you recognize one?

# Remember the word, **FAST**!

### What Is a Stroke?

A stroke, sometimes called a brain attack, occurs when blood flow to an area of the brain is cut off. When brain cells are starved of oxygen, they die. **Stroke is a medical emergency.** It's important to get treatment as soon as possible. A delay in treatment increases the risk of permanent brain damage or death.

### Women and Stroke:

One in five women in the United States will have a stroke in her lifetime. Nearly 60% of stroke deaths are in women, and stroke kills twice as many women as breast cancer. Surprised? You're not alone. Stroke is the third leading cause of death for women, yet most women are not aware of their risk for stroke.

### What Puts Women at Risk of Stroke?

- **High blood pressure** is a main risk factor for stroke, yet nearly one in three women with high blood pressure does not know she has it. Having high blood pressure during pregnancy raises a woman's risk for stroke.
- **Stroke risk increases with age**, and women live longer than men. This is why 6 in 10 people who die from stroke are women. Also, the percentage of strokes in women aged 45 or younger is increasing. Younger women may have different symptoms of stroke, such as dizziness or headache, than women age 46 and older do.

### Men and Stroke:

Stroke is the fifth leading cause of death in men, killing almost the same number of men each year as prostate cancer and Alzheimer's disease combined. Stroke is a leading cause of long-term disability among American men. In addition, men have strokes at younger ages than women.

### What Puts Men at Risk of Stroke?

- High blood pressure
- Smoking
- Being overweight or obese increases your risk of stroke.
- Men are more likely than women to drink too much alcohol, increasing the risk for stroke.
- Being inactive can increase the risk of stroke. Only 1 in 4 men gets enough physical activity.

These facts are alarming, but there is some good news: Up to 80% of strokes can be prevented. This means it is important to know your risk of having a stroke and to take action to reduce that risk.

### How Can I Prevent Stroke?

Most strokes can be prevented by keeping medical conditions under control and making lifestyle changes. A good place to start is to know your **ABCS of heart health:**

**Aspirin:** Aspirin may help reduce your risk for stroke. But you should check with your doctor before taking aspirin because it can make some types of stroke worse.

**Blood Pressure:** Control your blood pressure.

**Cholesterol:** Manage your cholesterol.

**Smoking:** Quit smoking or don't start.

Your doctor will recommend other important lifestyle changes

Unlike major strokes, "mini-strokes" do not cause permanent injury to the brain. Therefore, a mini-stroke can be a wake-up call that leads to medical care to prevent a major stroke.

**Be ready to call 9-1-1 if you think that you or someone else is having a stroke.**

If you are taken to the **New York Community Hospital** which is a **NYS**

**Designated Stroke Center**, you will be treated by our "AHA Gold-Plus" **Stroke Team.**

The stroke team is well versed in the care of all types of Stroke, and they will determine if a "clot buster" is needed to break up a clot which may be cause of the stroke. There is a critical time period after which a clot-buster may not be effective; so, rapid diagnosis and selection of patients who will benefit is very important. Once a clot is dissolved, immediate and dramatic resolution of stroke symptoms may occur.

In some cases more invasive therapy is required, and New York Community Hospital has a one step transfer process to stroke care experts at the New York Presbyterian Hospital.

If you have questions or would like more information, Please call 718-692-5302

**HAVING A STROKE?**

Call **911** immediately!

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**F** **FACE** Does one side of the face droop?

**A** **ARM** Is one arm or leg weak or numb?

**S** **SPEECH** Is their speech slurred or strange?

**T** **TIME** If you observe any of these signs call 9-1-1 **IMMEDIATELY!**

**DR ANNADA K. DAS M.D., FACEP**  
Director of Emergency Services at New York Community Hospital, is a board-certified specialist in Emergency Medicine, with over 30 years of experience. Uniquely qualified with both surgical and medical training, he has over 30 years of emergency care experience in New York City hospitals, and he is well versed in the care of the stroke patient. Dr. Das's very busy department at New York Community Hospital boasts one of the shortest waiting times in the region, and major changes, including the addition of rapid-triage, and urgent care, are now in progress to make the facility even more convenient and user-friendly.