

## Stroke Statistics

- A stroke is a “Brain Attack” that occurs when blood flow to the brain is interrupted and oxygen does not get to an area of the brain. When this happens, brain cells begin to die and brain damage occurs.
- There are two types of stroke, hemorrhagic and ischemic. Ischemic strokes can be further broken down into two types – embolic and thrombotic.
- Of all strokes, 87% are ischemic.
- Embolic strokes are caused by a traveling atherosclerotic clot.
- Atherosclerosis is a condition in which fatty material is deposited along the walls of arteries. This fatty material thickens, hardens and may eventually block the arteries.
- Thrombotic strokes are caused by blockages in the arteries providing blood flow to the brain.
- About 700,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs every 45 seconds.
- Stroke kills more than 150,000 people a year. That's about 1 of every 16 deaths. It's the No. 3 cause of death behind diseases of the heart and cancer.
- On average, every 3 to 4 minutes someone dies of stroke.
- Of every 5 deaths from stroke, 2 occur in men and 3 in women.
- Stroke is a leading cause of serious, long-term disability in the United States.
- The 2004 stroke death rates per 100,000 population for specific groups were 48.1 for white males, 47.4 for white females, 73.9 for black males and 64.9 for black females.
- Americans will pay about \$62.7 billion in 2007 for stroke-related medical costs and disability.
- About 15% of all strokes are heralded by Transient Ischemic Attacks (TIA).
- Approximately half of patients who experience a TIA fail to report it to their healthcare providers.
- In persons ages 45-64 years old, 8-12% of ischemic strokes result in death in 30 days.
- The relative risk of stroke in heavy smokers is twice that of light smokers. Stroke risk decreases significantly 2 years after cessation of cigarette smoking and is at the level of nonsmokers by 5 years.
- Atrial fibrillation is an independent risk factor for stroke, increasing the risk about five-fold.
- In adults over 55 years of age, the lifetime risk for stroke is greater than 1 in 6.
- Blood pressure is a powerful determinant of stroke risk. Having a BP reading less than 120/80 mm Hg halves your risk of stroke.
- Ischemic stroke patients with diabetes are younger, more likely to be African-American and more likely to have hypertension, heart attack and high cholesterol.

- Stroke is a major health issue for women, particularly for postmenopausal women.
- The length of time to recover from a stroke depends on its severity. From 50-70% of stroke survivors regain functional independence but 15-30% are permanently disabled and 20% require institutional care at 3 months after onset.
- Carotid endarterectomies have been found to be highly beneficial for persons who are symptom free but have a severe stenosis of 60-99%. In this group, the surgery reduces the estimated 5-year risk of stroke by more than half, from about 1 in 10 to less than 1 in 20.
- Carotid artery blockages are the major contributor to the most common type of stroke, thrombotic.
- Effects of a left-sided stroke include paralysis, speech/language problems, a slow, cautious behavioral style and memory loss.
- The effects of stroke on the right hand side of the body will include paralysis, vision problems, a quick, inquisitive behavioral style and memory loss.
- Stroke risk factors that cannot be changed include being over age 55, family history of stroke, being of African-American race and male gender.
- Factors that can be modified include high blood pressure, high cholesterol, smoking, diabetes, artery disease and atrial fibrillation (a heart rhythm disorder)

#### African-Americans and Stroke:

- Blacks have almost twice the risk of first-ever strokes compared to whites.
- Blacks have higher death rates for stroke compared to whites.
- The prevalence of high blood pressure in African Americans in the United States is the highest in the world. High blood pressure is a major risk factor for stroke.
- Among non-Hispanic blacks age 20 and older, 62.9% of men and 77.2% of women are overweight or obese, which places them at higher risk for stroke.
- In 2001, 27.7% of African-Americans used a tobacco product. Heavy cigarette smoking approximately doubles a person's risk for stroke when compared to light smokers
- Black women have higher prevalence rates of high blood pressure, obesity, physical inactivity, and diabetes than white women; all are stroke risk factors.