

## May is Stroke Awareness Month

### Stroke, by the Numbers

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die. Every year, about **800,000** people in the United States have a stroke – and about **1 out of 4** of those strokes are recurrent strokes. While stroke is the **fifth leading cause of death** in the United States, **up to 80% of strokes could be prevented** through healthy lifestyle changes and working with your family doctor to control health conditions that raise risk for stroke.

## LOWER YOUR RISK FOR STROKE

*Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits that you can change to lower your stroke risk.*

- Eat a healthy diet low in sodium with plenty of fruits and vegetables.
- Maintain a healthy weight & be physically active.
- Quit smoking and avoid secondhand smoke.
- Limit alcohol use.
- Manage other health conditions that raise your risk for stroke.



SOURCES: Centers for Disease Control and Prevention, Stroke.org, National Institute of Neurological Disorders and Stroke