Stroke is a Brain Attack

Risk Factors For Stroke

Risk Factors You Can’t Control
- Age (>55 years)
- Gender (before menopause women have a lower risk than men)
- Family History (parent or sibling had a stroke before age 65)
- Ethnicity (increased risk for people of African or South Asian background)
- Indigenous heritage
- Prior Stroke or TIA

Risk Factors You Can Do Something About
- High Blood Pressure
- Diabetes
- High Blood Cholesterol
- Atrial Fibrillation (irregular heartbeat)
- Unhealthy Weight
- Unhealthy Diet
- Physical Inactivity
- Smoking
- Excessive Alcohol Consumption
- Recreational Drug Use
- Birth control and hormone replacement therapy
- High Stress Levels

What a Stroke Survivor May Experience

Effects of a stroke and extent of stroke recovery depend on how long it took to get to hospital, location and size of brain damage, amount of time brain had no blood flow, available blood supply and how quickly healthy brain areas took over the functions affected by the stroke (neuroplasticity).

Recovery may be affected by age, general health, personality, coping abilities, emotional state, motivation, available supports and access to rehabilitation.

Common Effects of Stroke
- Fatigue
- One-sided weakness/paralysis
- Loss of balance/fall risk
- Difficulty with coordination
- Neglecting one side of the body
- Pain (e.g., shoulder, hand)
- Vision problems
- Swallowing problems
- Malnutrition, dehydration
- Bladder/bowel problems
- Trouble communicating
- Frustration
- Poor judgment or impulsive behaviour
- Thinking changes
- Personality and/or emotional changes
- Depression and social isolation

Stroke Signs

Recognizing and responding immediately to the signs of stroke can significantly improve survival and recovery:

Learn the signs of stroke

If someone experiences any of these signs CALL 9-1-1 or your local emergency number immediately.

Act FAST because the quicker you act, the more of the person you save.

For more information, go to: Heart & Stroke Foundation of Canada (2016) Taking Action for Optimal Community and Long Term Stroke Care (TACLS).ca

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