

STROKE CANADA

WHAT is a STROKE?



A **STROKE** is a sudden loss of brain function caused by a sudden brain blood vessel blockage (ischemic stroke) or rupture (hemorrhagic stroke). Ischemic stroke is the most common type of stroke.

Stroke can happen at any age, so **know the signs** and **know what it looks like**.

WHO is AFFECTED?

ABOUT **878,500** CANADIAN ADULTS AGED 20+ HAVE EXPERIENCED A STROKE ²⁰¹⁷⁻²⁰¹⁸¹

OR

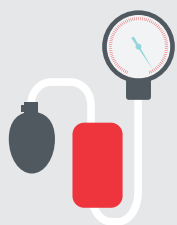
 **438,700**  **439,800**


1/4 OF CANADIANS LIVING WITH STROKE ARE UNDER AGE 65

STROKE RISK RISES RAPIDLY AFTER AGE **55**



WHAT are the RISKS?



HIGH BLOOD PRESSURE IS THE STRONGEST RISK FACTOR FOR A STROKE.

OTHER RISK FACTORS include **smoking, obesity, diabetes, high blood cholesterol, atrial fibrillation (afib), a sedentary lifestyle and diet low in fruits and vegetables.**

HOW to REDUCE THE RISKS?



KEEP BLOOD PRESSURE UNDER CONTROL



BE PHYSICALLY ACTIVE



EAT A HEALTHY DIET



QUIT SMOKING



EVERY MINUTE COUNTS in a **STROKE EMERGENCY!**

Survival and full recovery are possible if one acts... FAST

39% OF CANADIANS **DID NOT KNOW** ANY **FAST SIGNS** OF STROKE²

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

LEARN MORE ABOUT STROKE

To learn more about stroke, **VISIT Stroke in Canada**
GET DATA Canadian Chronic Disease Surveillance System
CONSULT Heart and Stroke Foundation and **Stroke Care**

SOURCES: ¹ Public Health Agency of Canada, using Canadian Chronic Disease Surveillance System data files contributed by provinces and territories, as of February 2021 (data up to 2017-2018). Data from Nunavut and the Northwest Territories were not available for 2017-2018. ² The Heart and Stroke Foundation Signs of Stroke poll was conducted by Environics Research Group. A total of 3,900 Canadians age 18 years and over were surveyed by telephone in December 2021. A survey of this magnitude yields results that are accurate to within plus or minus 1.8 points, 19 times out of 20.

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