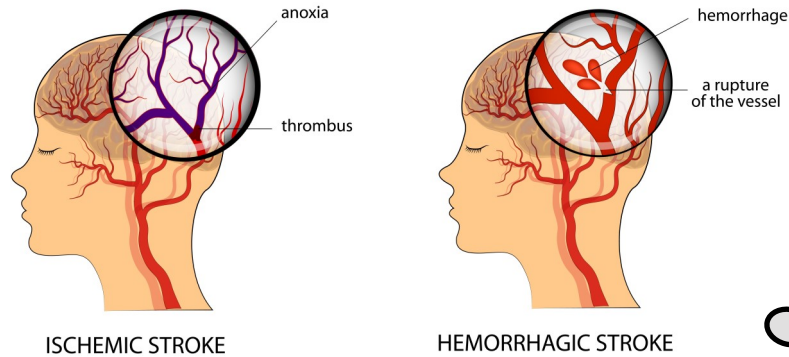


Stroke Education and Prevention



Stroke Overview

ISCHEMIC AND HEMORRHAGIC STROKE



The American Stroke Association defines a stroke as, “a disease that affects the arteries leading to and within the brain... A stroke occurs when a blood vessel is blocked by a clot or ruptures.”

There are three types of stroke:

1. **Ischemic Stroke**— A stroke caused by a clot in a blood vessel
2. **Transient Ischemic Attack**—A “mini stroke” caused by a temporary clot
3. **Hemorrhagic Stroke**— A stroke that happens when a blood vessel ruptures

Did you know?

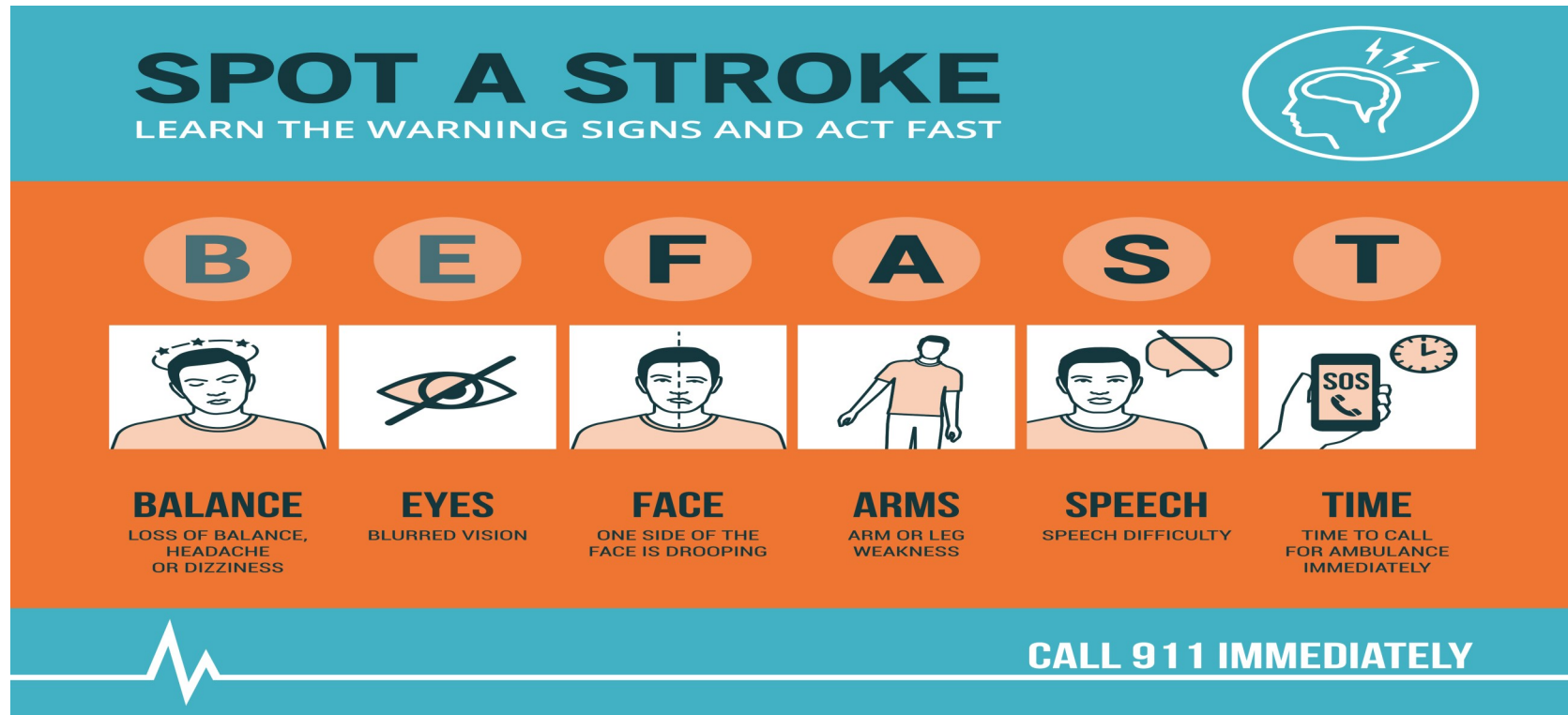
87% of all strokes are due to a clot in a blood vessel

25% of strokes are second-strokes (occur in people who've already had a stroke)

<https://www.cdc.gov/stroke/facts.htm>

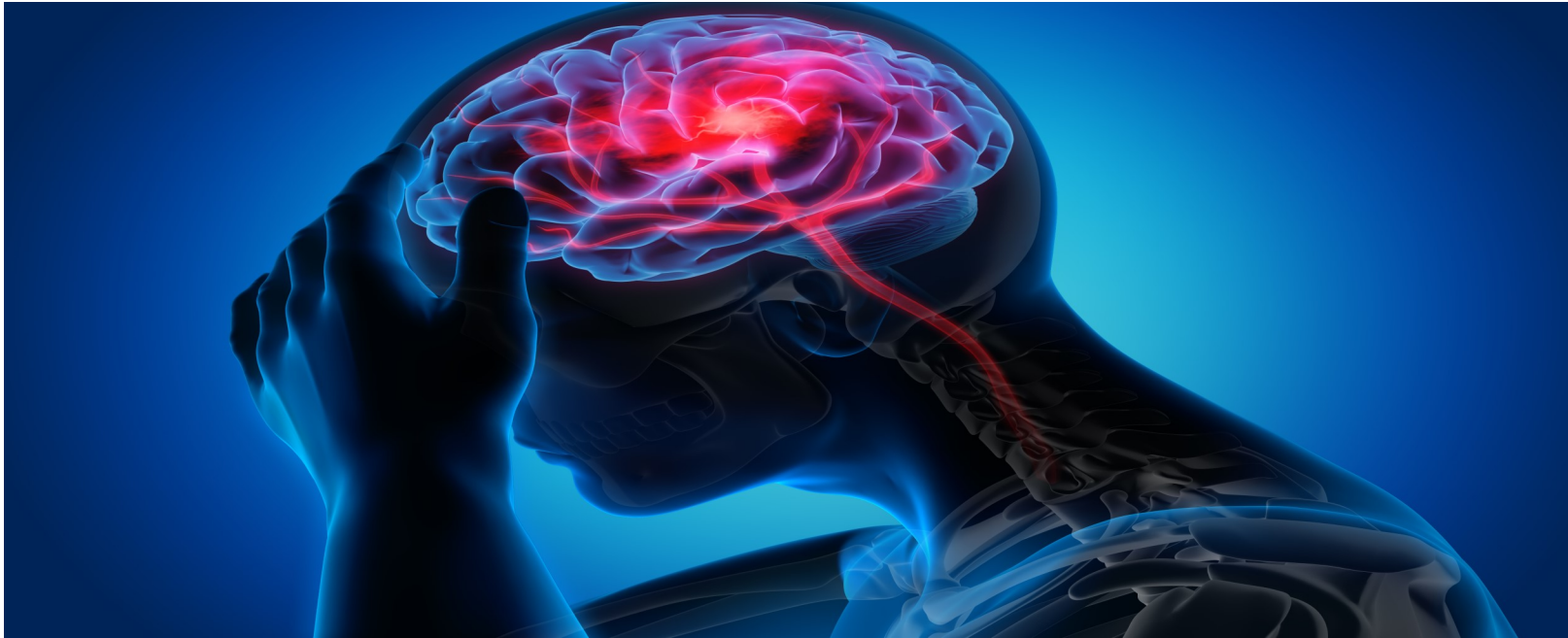
<https://www.stroke.org/en/about-stroke>

Resources for Clients



- ⇒ [Know the Facts About Stroke](#)— CDC Stroke fast facts, 2-pager
- ⇒ [ABCs of Heart Health](#)—Million Hearts easy-to-follow heart health guide
 - ⇒ [Spanish](#)
- ⇒ [Life After Stroke](#)—American Stroke Association recovery plan guide for patients and caregivers
- ⇒ [Understanding Stroke Risk](#)—American Stroke Association Stroke prevention brochure
- ⇒ [Lifestyle Changes to Prevent Stroke](#)—American Stroke Association 2-pager on living a healthy life-style

Resources for Staff



- ⇒ [A Community Health Worker Training Resource for Preventing Heart Disease and Stroke](#)—May be used by BHH PCP Consultants and/or BHH Nurse Managers to train BHH Specialists and BHH Peer Specialists around the role they can play to help individuals manage heart disease and stroke
- ⇒ [CDC Public Health Grand Rounds Webcasts](#)—videos and training webinars on heart disease and stroke
- ⇒ [The Surgeon General’s Call to Action to Control Hypertension](#)— identifies evidence-based interventions to help control blood pressure
- ⇒ [Prevention](#)—American Stroke Association list of tools that can be used with clients to help prevent a stroke

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13 BHH Tableau Support Group	14	15
18	19	20	21 BHH Work Group	22
<u>Restless Legs Syndrome Awareness Week</u>				
25	26	27	28	29
30	31			