

Stroke Awareness

Community Health Project
Riverside/San Bernardino

Group 2

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Pre-Survey

For English
Speakers:



<https://tinyurl.com/y8qkkxmw>



Si hablas
español:

<https://tinyurl.com/y9jb95bw>

Encuesta previa

Learning Outcomes

- Understand the definition of a stroke
- Identify risk factors of strokes
- Learn how to identify a stroke
- Learn about treatment and recovery for strokes
- Identify the difference between strokes, TIA, and Bell's Palsy



What is a stroke?

ISCHEMIC STROKE



An interruption or reduction of blood supply to the brain causing neurological deficits.

Ischemic Stroke: Blood clot of an artery in brain

HEMORRHAGIC STROKE



Hemorrhagic Stroke: Bleeding of an artery in brain

STROKE BY THE NUMBERS

Every
40 seconds
someone
has a
stroke



55,000



About 55,000 more
women than men
have a stroke each year



1 in 4

strokes
are in people who have had
a previous stroke

#5

**Cause of
death
in the USA**



**80% OF ALL STROKES
CAN BE PREVENTED**



**Together
to End Stroke™**

Stroke Risk Factors



**HIGH BLOOD
PRESSURE**



**HIGH
CHOLESTEROL**



SMOKING



AGE



OBESITY



DIABETES



UNHEALTHY DIET



FAMILY HISTORY

Signs & Symptoms



NUMBNESS of
face, arm or leg



CONFUSION,
trouble speaking or
understanding
speech



TROUBLE SEEING



**TROUBLE
WALKING,**
dizziness, loss of
balance

How to Spot a Stroke F.A.S.T.



FACE

Can they smile?
Does one side of
their face droop?



ARMS

Can they
raise both
arms? Does
one drift
downward?



SPEECH

Can they repeat a
single phrase? Is
their speech
slurred or
strange?



TIME

If you see any
of these
symptoms, call
911
immediately.

How to Respond to a Stroke



**Remain calm and
act immediately**

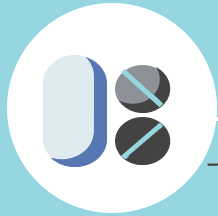


Call 911



**Do not give the
person medication
or food**

Post-Stroke Treatment & Recovery



Medications

- May be offered as blood thinners in response to an ischemic stroke (blood clot)



Supportive Care

- Monitoring and reassessing you during your hospital stay

Surgery

- Procedures may be recommended to restore blood flow



Therapy

- Include speech and physical therapy, occupation and specialized stroke therapy



Quiz Time!

- Why is it important to seek medical attention as soon as possible for a stroke?
 - To reduce the amount of brain damage
 - To prevent a bone from breaking
 - To prevent yourself from developing diabetes
 - To reduce the likelihood of getting cancer
- Which of the following is NOT a warning sign for a stroke?
 - Numbness
 - Facial Asymmetry
 - Headache
 - All of the above are warning signs



**MANAGE
YOUR
HEALTH**

Work with your personal physician on preventing or controlling your blood pressure, blood sugar and cholesterol



**MANAGE
YOUR
WEIGHT**

Eat a healthy diet and exercise regularly



**MANAGE
YOUR
CONSUMPTION**

Moderate or eliminate your use of alcohol and/or smoking products



**MANAGE
YOUR STRESS**

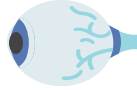
Explore healthy options or alternatives of dealing with stress/anxiety



Long-Term Effects of a Stroke



Speech Impairment



Vision Loss

Memory Loss



Depression



Quiz Time! Part 2

- **What foods should you avoid to reduce the risk of a stroke?**
 - Apples
 - Carrots
 - Pizza
 - Salads
- **Who is most at-risk for a stroke?**
 - Diabetics
 - Smokers
 - Alcoholics
 - All of the above are risks for a stroke



Stroke vs. TIA vs. Bell's Palsy

Transient Ischemic Attack (TIA)



- Similar symptoms to a stroke
- Usually only lasts for a few minutes
- Doesn't damage brain cells or disable

<https://www.mayoclinic.org/diseases-conditions/transient-ischemic-attack/expert-answers/mini-stroke/faq-20058390>

Bell's Palsy



- One-sided drooping/weakness of face
- Usually improves within months
- Only affects a single facial nerve

<https://www.piedmont.org/living-better/the-difference-between-bells-palsy-and-a-stroke#:~:text=%E2%80%9CBecause%20Bell's%20palsy%20affects%20a%20single%20facial%20nerve%20damage.>

Stroke Resources

Call **1-888-4-STROKE**
(**1-888-478-7653**) to
learn more about
stroke or find local
support groups, or
visit
StrokeAssociation.org

For more information
about stroke prevention
and treatment, call the
National Institute of
Neurological Disorders and
Stroke at **1-800-352-9424**.

Connect with others
sharing similar
journeys with stroke
by joining our
Support Network at
strokeassociation.org
/supportnetwork.



Questions?

Thanks for attending!

Follow our Instagram:
[@ucrsomfpl_strokeawareness](#)



Post-Survey

For English
Speakers:



[https://tinyurl.com/ybmlrx
xf](https://tinyurl.com/ybmlrxxf)



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Post-encuesta