Stroke Risk Guide

AdventHealth

At AdventHealth, it's our hope that by understanding the warning signs and risk factors for stroke, we can help you and your family members prevent one. With your help, we can continue our work to decrease the number patients affected by stroke and become a healthier community overall.

Making a Difference Preventing and Treating Strokes

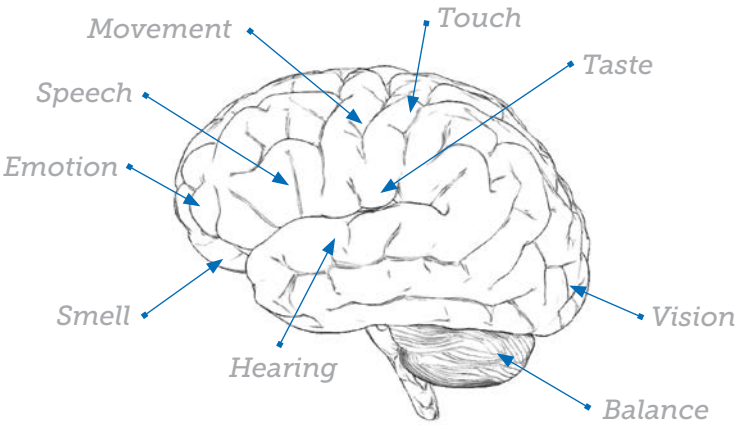
In the United States, someone has a stroke every 40 seconds, and every four minutes someone dies as result.* The AdventHealth Care Network has designated Comprehensive and Primary Stroke Centers with highly experienced staff utilizing the latest advanced treatments and specialized care to achieve the best possible results for all stroke patients.

WHAT IS A STROKE?

A stroke occurs when blood flow to a part of the brain suddenly decreases or stops due to a blocked or burst blood vessel. When oxygen-rich blood cannot reach your brain, tissue may become damaged, and within minutes, millions of brain cells can die. Quick and proper treatment can prevent additional brain cells from being damaged, and in the case of a severe stroke, it can mean the difference between life and death.

HOW DOES A STROKE AFFECT MY BRAIN?

The brain controls functions that we perform every day and often take for granted. The ability to smoothly lift a cup of coffee, for example, is controlled by areas of the brain in charge of motor movement and coordination. Brain injury from stroke can cause changes in movement, speech, vision, touch, hearing, smell, behavior, thought patterns, memory and emotions. The effects of a stroke vary, depending on the type of stroke, the area of the brain affected and the amount of brain tissue injured.



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*Source: American Stroke Association

Stroke-Risk Survey

It is our hope that you, or someone you know, will complete this stroke-risk survey and take the steps necessary to reduce your chance of having a stroke. Many risk factors can be managed through proper diet and a healthy lifestyle, but some are out of your control. Check the factors below that pertain to you. After you have completed the survey, total your check marks and see the instructions that follow.

CONTROLLABLE FACTORS

Tobacco

- ☐ You smoke or live and/or work with people who smoke around you every day.
- ☐ Your total cholesterol level is 240 mg/dl or higher.
- ☐ Your HDL (good) cholesterol level is less than 40 mg/dl if you are a man, or less than 50 mg/dl if you are a woman.
- ☐ You don't know your total cholesterol or HDL levels.

Blood Pressure

- ☐ Your blood pressure is 130/80 mm Hg or higher, or you have been told by a physician that your blood pressure is too high.
- ☐ You don't know your blood pressure.

Physical Inactivity

- ☐ You get less than 30 minutes (accumulated) of physical activity on most days of the week.

Excess Body Weight

- ☐ You are 20 or more pounds overweight.

Diabetes

- ☐ You have diabetes or take medicine to control your blood sugar.

UNCONTROLLABLE FACTORS

Age

- ☐ You are a man over age 45, or a woman over 55.

Race

- ☐ You are an African American.

Family History

- ☐ One of your parents or siblings has had a stroke or heart attack.

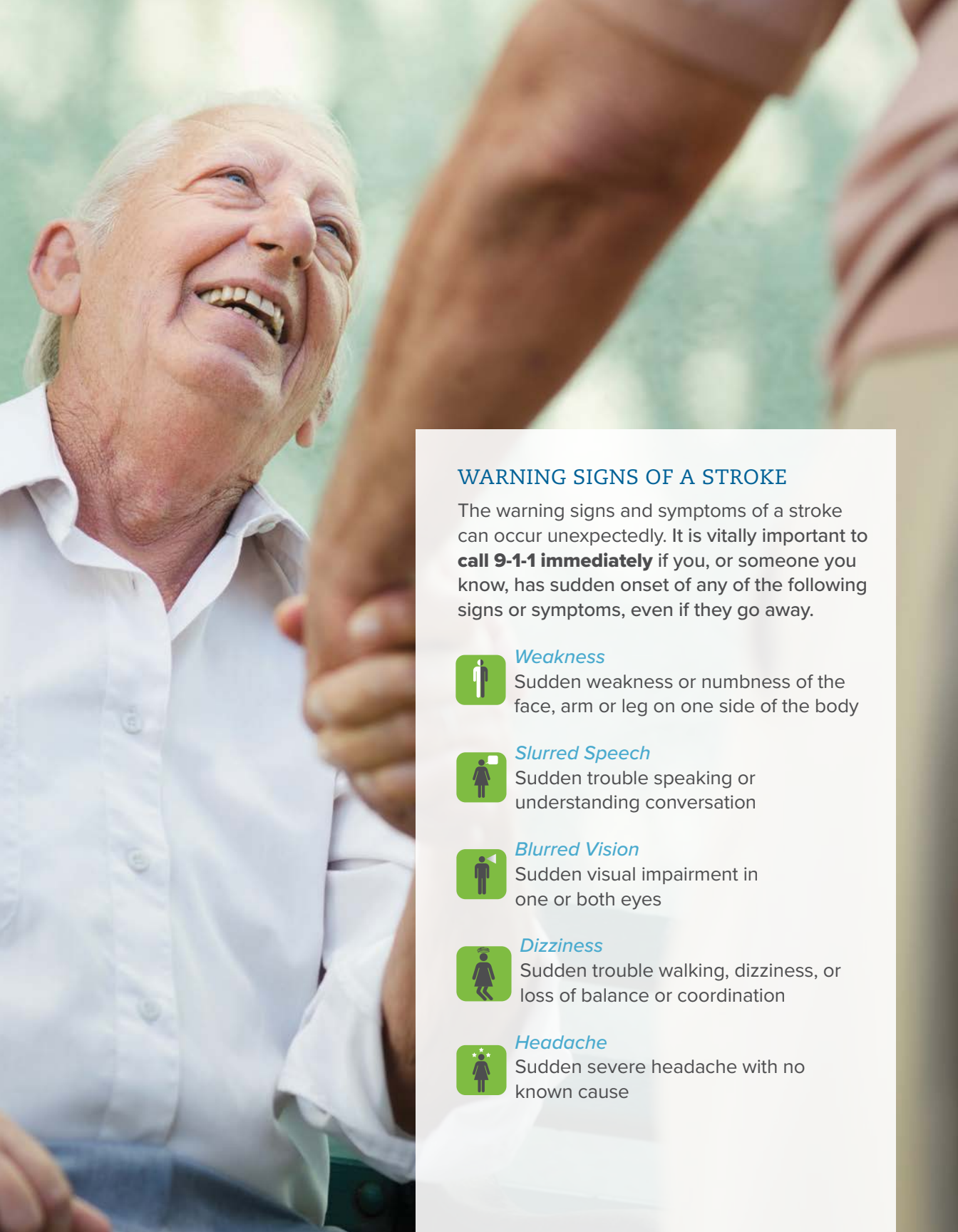
Medical History

- ☐ You have coronary artery disease, or you have had a heart attack.
- ☐ You have had a stroke.
- ☐ You have an abnormal heartbeat.

Score _____ (enter the number of checks from above)

If you checked more than two items or any items in the Controllable Factors section, see a health care professional for ways to lower your risk for stroke. The following information may help you identify ways to change your lifestyle and reduce your risk.

It is very important to call 9-1-1 right away if you or someone you know has any signs or symptoms of a stroke, even if the symptoms go away.



WARNING SIGNS OF A STROKE

The warning signs and symptoms of a stroke can occur unexpectedly. It is vitally important to **call 9-1-1 immediately** if you, or someone you know, has sudden onset of any of the following signs or symptoms, even if they go away.

Weakness
Sudden weakness or numbness of the face, arm or leg on one side of the body

Slurred Speech
Sudden trouble speaking or understanding conversation

Blurred Vision
Sudden visual impairment in one or both eyes

Dizziness
Sudden trouble walking, dizziness, or loss of balance or coordination

Headache
Sudden severe headache with no known cause

Ways to Help Reduce Your Risk

OBESITY

Excess weight increases the strain on your heart and blood vessels, blood pressure, cholesterol and triglyceride levels, and raises the likelihood of the development of diabetes.

- Eat plenty of fruits and vegetables (five or more servings a day)
- Eat a moderate amount of lean meat (limit to two three-ounce servings a day)
- Limit your sodium (salt) intake

HIGH CHOLESTEROL

High cholesterol can cause the arteries to become so clogged with plaque and other fatty deposits that blood flow can be reduced or completely blocked.

- Lose weight
- Exercise
- Eat a healthy diet high in fruits, vegetables and whole grains
- Limit foods such as whole milk, ice cream, cream, butter, egg yolks, fried foods, baked goods, cheese, high-fat processed meats (including sausage, bologna and hot dogs) and solid fats, including shortening, margarine and lard

DIABETES

Diabetes increases the risk of stroke, even when glucose levels are under control. If you have diabetes, it's important for you to carefully manage it and control any other risk factors you can. Your doctor can help you manage your personal situation through nutritional advice, lifestyle changes and medicine.

PHYSICAL INACTIVITY

Exercise is central to a healthier heart. It can help prevent stroke and aid in controlling blood cholesterol, diabetes and obesity, and lowers blood pressure in some people.

- Exercise three to five times a week for 30 minutes within your target heart rate
- Look for ways to include exercise in your daily activities, such as taking a brisk walk, biking, swimming, dancing or aerobics
- Consult your doctor before starting any new exercise program

HYPERTENSION

High blood pressure puts stress on blood-vessel walls and can lead to clots or bleeding in the brain. Have your blood pressure monitored every month, and make sure it stays under 130/80. If your blood pressure is consistently higher, check with your doctor about ways to better manage it.

SMOKING

Smoking raises the risk of stroke by damaging blood vessels. Quit smoking to reduce your risk of stroke by 50 percent after two years. Within five years, your risk drops close to that of a non-smoker.

Blood Pressure Tracker

Use the chart below to track your blood pressure this year. Make sure you have your blood pressure checked every month, and you know what your blood pressure should be. If you see that your blood pressure is changing, consult your doctor.

Date_____ Blood Pressure_____

Date_____ Blood Pressure_____

Date_____ Blood Pressure_____

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Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or FH.Risk.Management@AdventHealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance:

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意：如果您使用中文，您可以免费获得语言协助服务。请拨打下面电话号码.

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: اذا كنت لاتتحدث اللغة الانجليزية فإن خدمات الترجمة متوفرة لك مجانا. الرجاء الإتصال بالرقم أدناه:

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें ।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجہ فرمائیے۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意：日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໂທໜ້ໍາເບີ່ຢູ່ຂ້າງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600 ☎ 407-303-3025

Notes

Notes

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