



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department

*"Promoting Healthy Families, Healthy Communities"*

For more information, please call: (989) 773-5921 ext. 8409

2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local News Media**

**From: Lisa Cross, Health Educator**

**RE: Stroke**

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A stroke or "brain attack," occurs when blood flow to the brain is interrupted. There are two major types of stroke. The first is called an ischemic stroke, which is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. The second is called a hemorrhagic stroke, which is caused by a blood vessel in the brain that breaks and bleeds into the brain.

There are 160,000 deaths annually from stroke in the United States. Stroke is the third leading cause of death behind heart disease and cancer. However, it is the leading cause of serious long term disability.

Up to 80% of strokes are preventable, with at least half of the risk factors being modifiable – in other words, something you can change.

Risk factors of stroke:

- High Blood Pressure
- High Cholesterol
- Diabetes
- Smoking
- Family history of stroke
- Obesity

The leading modifiable risk factor for stroke is smoking. Smoking increases your risk of having a stroke by up to four times the risk if you didn't smoke.

Signs and symptoms of stroke:

- Weakness of face, arm and or leg on one side of the body
- Numbness in the face, arm and or leg on one side of the body
- Inability to understand spoken language
- Inability to speak and or write
- Vertigo and or step imbalance
- Double vision
- An unusually severe headache

Stroke is a medical emergency. If you or someone you know experiences any signs of stroke, call 911 immediately. Every minute counts when someone is having a stroke. Immediate treatment can save people's lives and enhance their chances for a successful recovery.

For more information contact the National Stroke Association at [www.strokeinfo.org](http://www.strokeinfo.org) or by calling 1-800-STROKES that is 1-800-787-6537.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties.

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