

# Demystifying stroke

Stroke occurs when blood flow to an area of the brain is cut off, causing brain cells to be deprived of oxygen and begin to die. As a result, abilities and functions controlled by that part of the brain are lost.

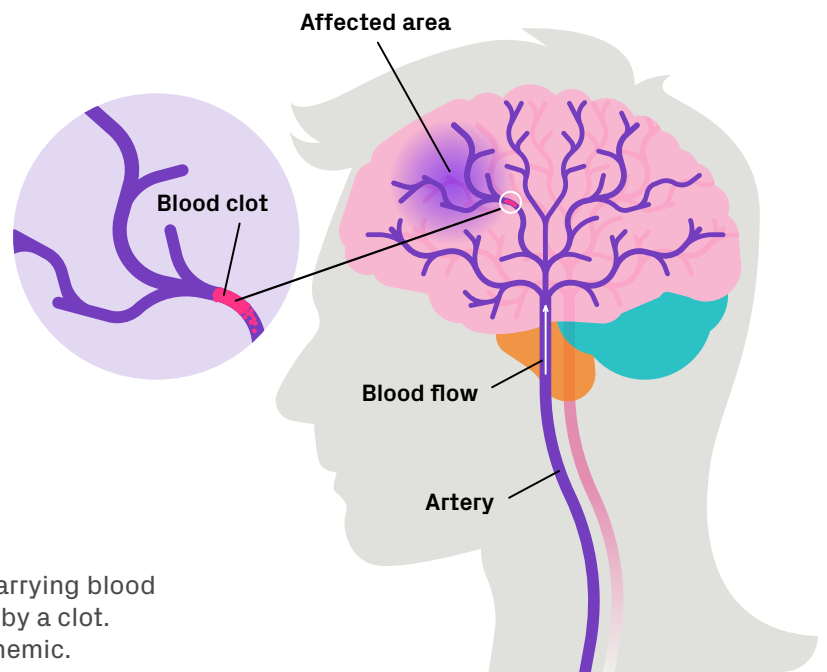
There are 2 kinds of stroke:

## HEMORRHAGIC STROKE

When a blood vessel bursts and leaks. This is the most dangerous kind of stroke.

## ISCHEMIC STROKE

When a blood vessel carrying blood to the brain is blocked by a clot. 80% of strokes are ischemic.



## MEDICAL RISK FACTORS



Blood pressure higher than 120/80



Smoking or exposure to secondhand smoke



Personal or family history of stroke



Diabetes



Cardiovascular disease



High cholesterol

## TREATMENT & RECOVERY

Immediate treatment may help minimize the long-term effects of stroke and improve recovery outcomes. After diagnosis, your doctor may prescribe inpatient or outpatient rehabilitation with the goal of relearning skills lost when stroke affected part of your brain.

Rehabilitation activities can include:

- Cognitive and speech therapy
- Physical therapy
- Occupational therapy
- Mobility training



Science has shown that recovery is possible even years after stroke.

## FAST FACTS



A stroke happens every **40 seconds**

**800,000**

people in the U.S. experience a new or recurrent stroke each year



**25%** of strokes occur in people under the age of 65

Strokes can occur at any age. The average age of first stroke is...

**65 years+**

Women are

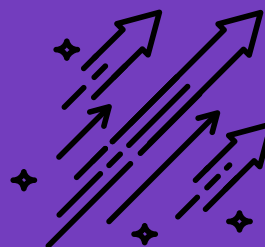
**12%**  more likely to have a stroke than men

## REAL PEOPLE. REAL RECOVERY.



I've learned to accept my new normal.

Constant Therapy user



In stroke recovery, it does not matter how slow you go, as long as you do not stop.

Constant Therapy user

