

2014 World Stroke Day Fact Sheet



Defining Stroke in the U.S.

- Stroke occurs when blood flow to the brain is interrupted. Without oxygen-rich blood, brain cells die.
- 87 percent of strokes are classified as ischemic. An ischemic stroke occurs when a clot or a mass blocks a blood vessel, cutting off blood flow to a part of the brain.¹
- A TIA (transient ischemic attack) is often called a “mini stroke” or “warning stroke”. The difference between a TIA and a stroke is that the blockage is transient, or temporary. Symptoms are exactly the same as stroke, but usually last less than five minutes.
- About 13% of strokes are classified as hemorrhagic (intracerebral hemorrhage or ICH) occurs when a weakened blood vessel ruptures. Like ischemic stroke, a major cause of hemorrhagic stroke is uncontrolled hypertension.¹
- Patients should seek immediate medical treatment by dialing 9-1-1 at the very first sign of stroke, even if the symptoms go away.

Stroke in the U.S.

- Stroke is a leading cause of long-term disability in the U.S. and a leading cause of preventable disability.¹
- Every 40 seconds, someone in America has a stroke. On average, every four minutes, an American dies from stroke.¹
- Stroke deaths are higher in the southeastern U.S. in an area known as the “Stroke Belt”: North Carolina, South Carolina, Georgia, Tennessee, Mississippi, Alabama, Louisiana, and Arkansas.¹
- Stroke is the No. 4 cause of death in the United States. It causes about one in every 19 deaths.¹
- Women are more likely to have a stroke than be diagnosed with breast cancer.^{1,6}
- More women than men die of stroke each year in the U.S. because women live longer than men and stroke risk increases with age.¹
- Stroke risk factors such as high blood pressure, migraine with aura, atrial fibrillation, diabetes, depression and emotional stress are stroke risk factors that tend to be stronger or more common in women than in men.³
- More women than men are living with stroke in the United States: 3.8 million women vs. 3 million men.³
- African-Americans have nearly twice the risk for a first-ever stroke than White Americans, largely due to high rates of high blood pressure.¹
- African-Americans are more impacted by stroke than any other racial group within the American population.¹
- Stroke prevalence is projected to increase the most among Hispanic men between now and 2030.¹
- Hispanic women were less likely than others to know most of the warning signs of a stroke.⁸
- Projections show that by 2030, an additional 3.4 million people 18 and older will have had a stroke, a 20.5 percent increase in prevalence from 2012.¹

Stroke in the World

- 15 million people have a stroke each year.⁷
- Nearly six million lives are lost each year to stroke.⁷
- Stroke is responsible for more deaths annually than those attributed to AIDS, tuberculosis and malaria combined.⁷
- Every six seconds, someone dies from a stroke.⁷
- One in five women will have a stroke, opposed to one in six men.⁷
- The highest rates of stroke mortality and disability occur in Asia, Russia, and Eastern Europe.²
- Ischemic heart disease (also known as coronary artery disease) and cerebrovascular disease are the two leading causes of mortality worldwide and account for well over 20 percent of all deaths.²
- The burden of disease from noncommunicable diseases, such as stroke and ischemic heart disease, is projected to surpass the burden of disease from infectious disease in low- to middle-income countries over the next few decades.²

Sources:

- ¹ Heart disease and stroke statistics—2014 update: <http://circ.ahajournals.org/content/early/2013/12/18/01.cir.0000441139.02102.80>
- ² <http://circ.ahajournals.org/content/124/3/314.full>
- ³ <http://newsroom.heart.org/news/new-guidelines-for-reducing-stroke-risks-unique-to-women>
- ⁴ <http://stroke.ahajournals.org/content/44/8/2361>
- ⁵ <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-041780.pdf>
- ⁷ <http://www.world-stroke.org/advocacy/world-stroke-campaign>
- ⁸ <http://newsroom.heart.org/news/u-s-women-unfamiliar-with-most-stroke-warning-signs?preview=49db>