What is Stroke?

A stroke occurs when a vessel in the brain ruptures or is blocked by a clot.

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<tr>
<th>Ischemic blocked</th>
<th>Hemorrhagic ruptures</th>
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No. 5 cause of death in the U.S.

Prevent.

80% of all strokes are preventable.

To reduce your risk for stroke, follow Life’s Simple 7™:

- Manage Blood Pressure
- Eat Better
- Get Physically Active
- Lose Excess Weight
- Lower Cholesterol
- Reduce Blood Sugar
- Don’t Smoke

Treat.

Ischemic stroke patients have up to 3 hours* to receive tPA treatment.*

*Up to 4 1/2 hours for eligible patients.

Beat.

If you or your loved one is a stroke survivor, you are not alone! Check out the resources below to learn more and connect.

Sources: