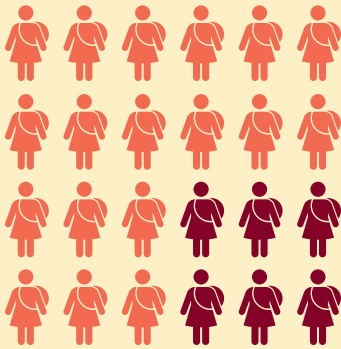


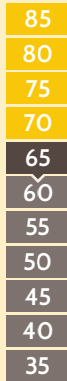
# Preventing Stroke

## Who is at risk for stroke?

**Anyone** can experience a stroke regardless of age, race or sex.

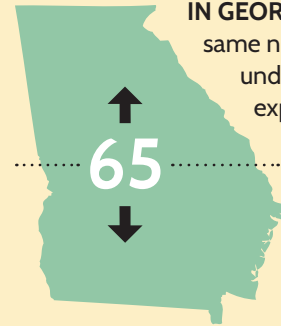


Stroke affects about 6 in 100,000 children.<sup>1</sup>

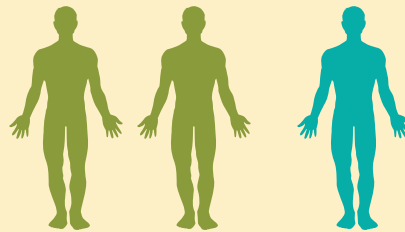


# 34%

Although stroke risk increases with age, strokes can – and do – occur at any age. In 2009, 34 percent of people hospitalized for stroke were younger than 65.<sup>3</sup>



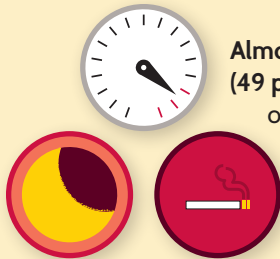
**IN GEORGIA**, roughly the same number of people under the age of 65 experience a stroke, as over the age of 65 (17,223 under 65 and 17,447 over 65), according to the Georgia Hospital Association.



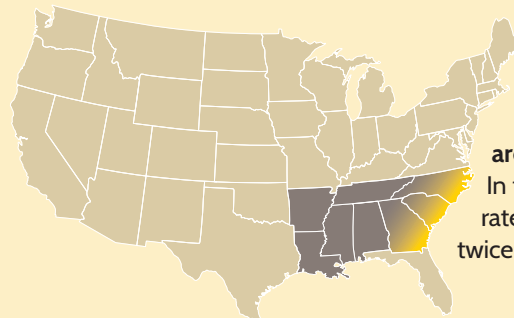
The risk for African Americans is twice that of Caucasians.<sup>2,3</sup>

# 55,000 ♀

About 55,000 more women than men have a stroke each year.<sup>1</sup>



Almost half of Americans (49 percent) possess at least one of three major risk factors for strokes: high blood pressure, high cholesterol and smoking.<sup>3</sup>



The country's highest death rates from stroke are in the Southeast. In the stroke belt, death rates from stroke are almost twice the national average.<sup>2</sup>

People who have already had a stroke are also at risk.



Nearly one in four strokes occur in people who have had a previous stroke.<sup>3</sup>

# 43%

After having a stroke, a person is 43 percent more likely to experience a second stroke.



About 40 percent of stroke survivors will have a serious fall within one year after their first stroke.



Take the stroke risk quiz at <http://bit.ly/1ouHiPK>

80% of strokes are preventable.

Visit [MyShepherdConnection.org/stroke](http://MyShepherdConnection.org/stroke) to learn about prevention.



Shepherd Center

REFERENCES: 1. National Stroke Association 2. [stroke.nih.gov/materials/strokechallenges.htm](http://stroke.nih.gov/materials/strokechallenges.htm) 3. [www.cdc.gov/stroke/facts.htm](http://www.cdc.gov/stroke/facts.htm) 4. American Heart Association/American Stroke Association