What is Stroke?

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

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

Prevent.

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

80% of all strokes are preventable.

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:


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