

STROKE SMART MARYLAND

# Stroke Smart Basics

Stroke  
Smart

MARYLAND

# Statistics

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**1 in 6** of us will suffer a stroke in our lifetime

Someone in the U.S. suffers a stroke **every 40 seconds**

Someone dies **every 4 minutes** from stroke

**2 million brain cells die** every minute during a stroke

# The Good News

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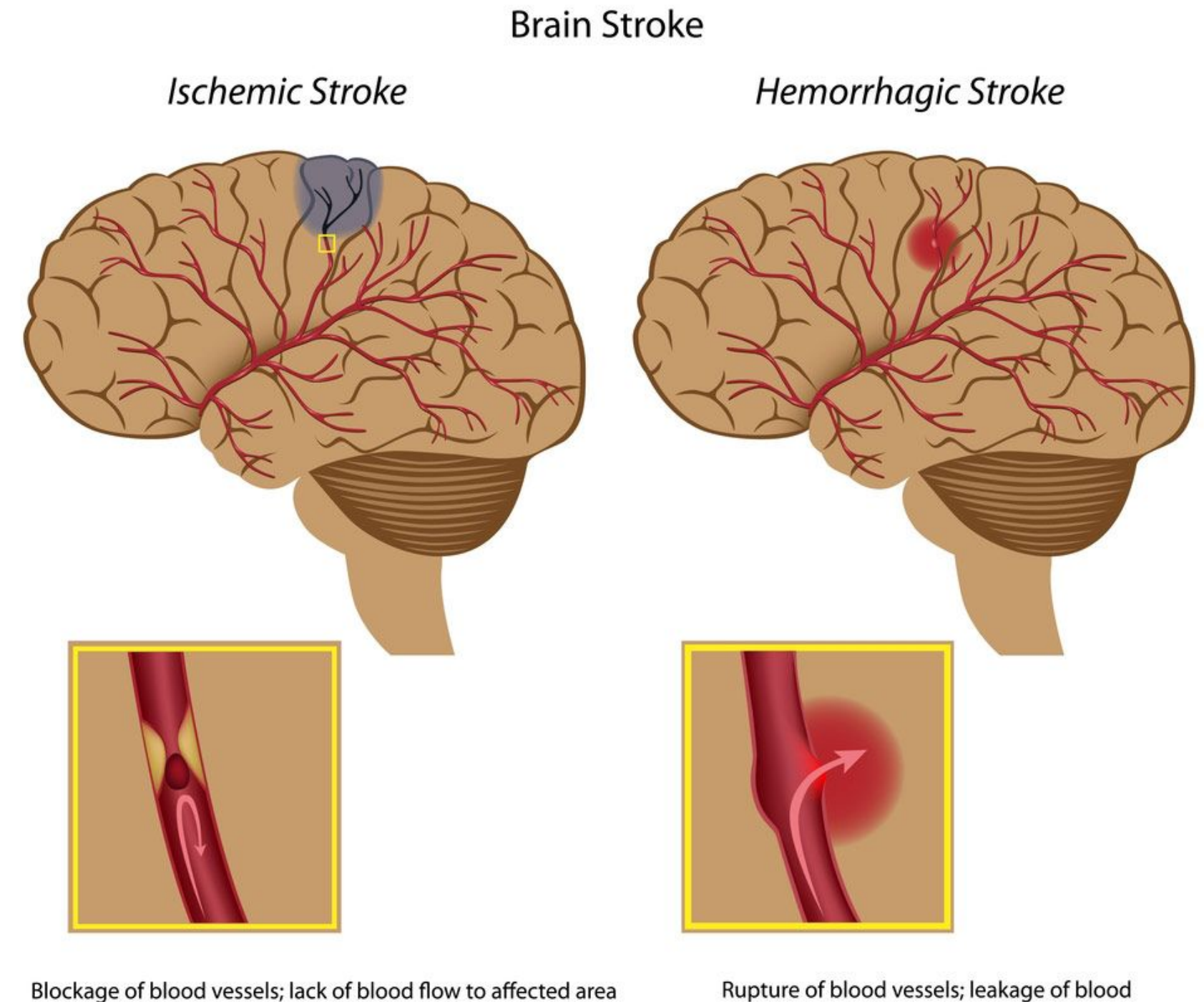
## Definitive treatment is available!

- Getting to the ER within 3 hours can save a life!
- Most people don't get to treatment in time

# What is a Stroke?

## Blood Interruption to the Brain

A stroke occurs when blood flow to brain cells is interrupted. Blood flow can be interrupted when a vessel bursts and when a blockage occurs in a blood vessel. The symptoms of both are similar as blood is interrupted to the cells past the break or blockage.



# The Goal

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1. **Spot a stroke**
2. **Stop a Stroke**
3. **SAVE A LIFE!**

You will leave here today with the knowledge and confidence to spot a stroke, stop a stroke, and save a life.

# Spot a Stroke

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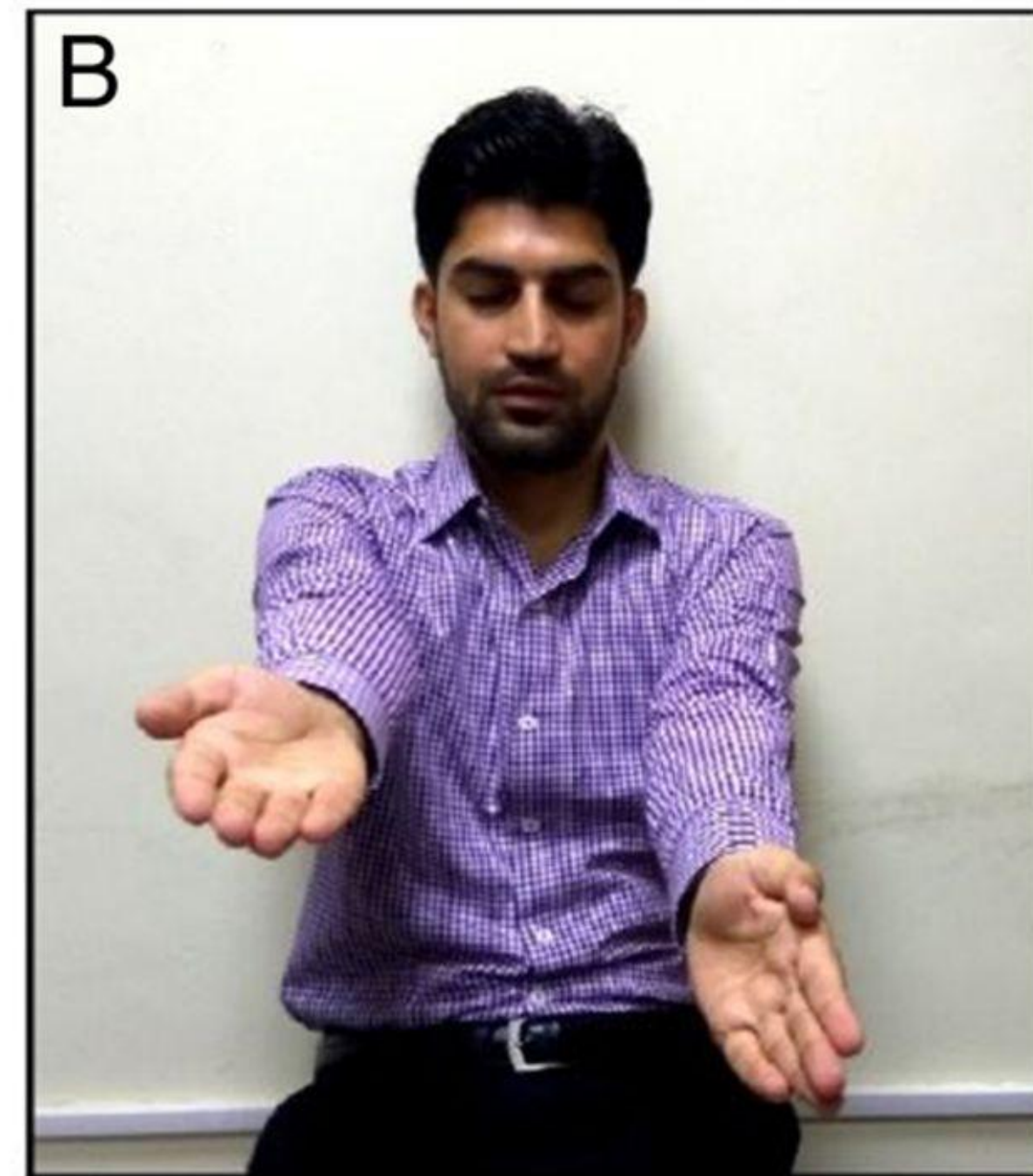
Drooping face



# Spot a Stroke

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Arm weakness





 [Watch Video](#)



# Spot a Stroke

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## Sudden, Unexplained Signs

- Numbness on one or both sides of the body
- Difficulty understanding or forming words
- Confusion
- Loss of balance/dizziness
- Weakness on one or both sides of the body
- Vision changes
- Facial drooping

# The Goal

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## #2: Stop a Stroke

Once you suspect the person might be having a stroke, you **MUST** take action to stop that stroke.

**CALL 9-1-1!**

# Stop a Stroke

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## CALL 9-1-1! Do Not:

- Drive yourself to the ER
- Call your primary care doctor
- Lie down thinking it will pass



# Stop a Stroke

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- There is no cost for just calling 9-1-1
- Many stroke patients can't call 9-1-1 themselves
- The cost of not calling 9-1-1 with a stroke is much higher



# The Goal

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## #3: SAVE A LIFE

Your action has the potential to drastically reduce disability and to save a life.

# Save a Life

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## Norway study:

- 6 years, 613 patients
- 73 received treatment within 1 hour of symptoms
- 100% had ZERO deficits  
(no weakness, speech issues, etc.)



# The Goal

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1. **Spot a stroke**
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To summarize, you leave here today with the knowledge and confidence to spot a stroke, stop a stroke and save a life.

# Free Resources

Simple, easy guidance of how to spot a stroke, stop a stroke and save a life are available for FREE download. Flyers, wallet cards, and links to other resources are also available.

If each of you tells just one person, you will make a difference.

Visit:

[miemss.org/home/hospitals/stroke-resources/stay-stroke-smart](http://miemss.org/home/hospitals/stroke-resources/stay-stroke-smart)

