Stroke Knowledge Survey

1. Zip Code: ____________

<table>
<thead>
<tr>
<th>Stroke Survivor</th>
<th>Caregiver &amp;/or family member of a stroke survivor.</th>
<th>Know someone who has had a stroke, but no relation to them.</th>
<th>None of these apply to me.</th>
</tr>
</thead>
</table>

2. Which best describes you? [ ] [ ] [ ] [ ]

3. Stroke is the fourth leading cause of death in the United States and a leading cause of serious, long-term disability in adults.
   [ ] True
   [ ] False

4. Stroke Symptoms that last only a short time and then disappear (also called transient ischemic attack or TIA) are:
   [ ] Nothing to worry about unless they reoccur
   [ ] Warning signs that you could have a major stroke. You should have a medical evaluation immediately.

5. A stroke is caused by:
   [ ] A blood clot that blocks a blood vessel in the brain
   [ ] A burst blood vessel in the brain
   [ ] Both of the above

6. What should you do if you experience symptoms of a stroke?
   [ ] Lay down and take a nap to see if the symptoms will improve
   [ ] Call family or friends and ask them to drive you to the hospital
   [ ] Drive yourself to your doctor’s office
   [ ] Check a clock so you will know exactly when the first symptoms appeared. But don’t delay call 9-1-1 immediately!
7. The National Stroke Association emphasizes the importance of F.A.S.T. messaging. What do these letters stand for?

- F = Face  A = Arms  S = Speech  T = Time
- F = First  A = AIM  S = Stroke  T = Treatment
- F = Fast  A = Arrival  S = Stroke  T = Treatment

8. What are the warning signs of a stroke? Check all that apply.

- Sudden numbness or weakness of the face, arm or leg; especially on one side of the body
- Sudden chest pain and shortness of breath
- Sudden trouble walking, dizziness or loss of balance
- Sudden coughing and pain in the abdomen
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause

9. There are no treatments for an ischemic stroke.

- True
- False

10. There is no way to prevent a stroke from happening.

- True
- False

11. Which of the following risk factors can you control?

   a. Diabetes
   b. Age, gender &/or race
   c. High blood pressure & high cholesterol
   d. Cigarette smoking &/or heavy alcohol use
   e. Obesity and physical inactivity
   f. Family history of stroke or you have had a stroke or TIA

- B & F above
- A, C, D, E above
- All of the above
3. Stroke is the fourth leading cause of death in the United States and a leading cause of serious, long-term disability in adults.
   ✗ True

In the United States, stroke is the fourth leading cause of death, killing over 133,000 people each year. It is also the leading cause of serious, long-term adult disability. It ranks behind Heart Disease, Cancer and Chronic Lower Respiratory Disease.

4. Stroke Symptoms that last only a short time and then disappear (also called transient ischemic attack or TIA) are:
   ✗ Warning signs that you could have a major stroke. You should have a medical evaluation immediately.

A transient ischemic attack (TIA) is often labeled a “mini-stroke.” They should really be thought of as a “warning stroke.” A warning you should take very seriously!

A TIA is caused by a clot blocking a blood vessel. The only difference between a stroke and a TIA is that with a TIA the blockage is temporary. TIA symptoms occur suddenly, but last a short time. Most TIAs last less than five minutes; the average is about a minute. When a TIA is over, it usually causes no permanent damage to the brain.

5. A stroke is caused by:
   □ A blood clot that blocks a blood vessel in the brain
   □ A burst blood vessel in the brain
   ✗ Both of the above

Types of Stroke:
• **Ischemic stroke** occurs when blood vessels are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87% of all strokes are ischemic.
• **Hemorrhagic stroke** occurs when a blood vessel in the brain bursts leaking blood into the brain. Hemorrhagic strokes account for 13% of all strokes, yet are responsible for more than 30% of all stroke deaths.

6. What should you do if you experience symptoms of a stroke?
   ✗ Check a clock so you will know exactly when the first symptoms appeared. But don’t delay call 9-1-1 immediately!

Two million brain cells die each minute during a stroke, increasing the risk of lasting brain damage, disability or death. Recognizing signs of stroke and Acting FAST to get help can save a life and limit long-term disabilities. There is a limited window of time to treat a stroke. So it is important to take note of the time stroke symptoms first started. If you wake up with symptoms, it is important to let your healthcare team know when you went to sleep. (Timing of treatment starts when you were last known to be well in this case.)
7. The National Stroke Association emphasizes the importance of F.A.S.T. messaging. What do these letters stand for?

- F = Face
- A = Arms
- S = Speech
- T = Time

Stroke is an Emergency. Act FAST and Call 9-1-1

Use the FAST test to remember warning signs of stroke.

F = FACE Ask the person to smile. Does one side of the face droop?
A = ARMS Ask the person to raise both arms. Does one arm drift downward?
S = SPEECH Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
T = TIME If you observe any of these signs (independently or together), call 9-1-1 immediately!

8. What are the warning signs of a stroke? Check all that apply.

- Sudden numbness or weakness of the face, arm or leg; especially on one side of the body
- Sudden trouble walking, dizziness or loss of balance
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause

You don’t have to have all of these symptoms. If you see or have any of these symptoms call 9-1-1 immediately.

9. There are no treatments for an ischemic stroke.

- False

_Tissue Plasminogen Activator (tPA)_ is the only FDA approved treatment for ischemic strokes. tPA can dissolve a blood clot that is blocking a blood vessel. If given early, areas of the brain that were deprived of blood flow can recover function before they are permanently damaged. This may improve the chances of recovering from a stroke. A large number of stroke survivors don’t get to the hospital in time for tPA treatment; this is why it’s so important to quickly recognize a stroke.

_Mechanical Thrombectomy_ is another treatment option. Specially trained doctors guide a catheter to the site of blockage in the brain and attempt to remove the blood clot. Sometimes tPA is administered directly into the blood clot (called intra-arterial) to help dissolve the clot.

10. There is no way to prevent a stroke from happening.

- False
There are several risk factors that increase your chances of having a stroke. Many of these you can control through lifestyle changes. See below:

- **High blood pressure** — High blood pressure is the leading cause of stroke. It is known as the “silent killer” because people who have it don’t know it. Over time, high blood pressure causes blood vessel walls to thicken, which narrows the vessel and reduces blood flow. It can also damage the walls of the blood vessel, allowing plaque and clots to buildup. Blood vessel walls can also rupture. Keeping blood pressure under control can decrease your risk of a stroke.

- **Cigarette smoking** — The nicotine and carbon monoxide in cigarette smoke can raise blood pressure, which increases your risk of heart attack or stroke. The use of oral contraceptives combined with cigarette smoking greatly increases stroke risk. If you smoke, stop.

- **Diabetes mellitus** — People with diabetes are 4 times as likely to have a stroke as someone who does not have the disease. Many people with diabetes also have high blood pressure, high blood cholesterol and are overweight. This increases their risk even more. While diabetes is treatable, the presence of the disease still increases your risk of stroke.

- **Atrial fibrillation** — Is a heart rhythm problem. The heart’s upper chambers quiver instead of contracting, this allows blood to pool and clot. These clots can move to the brain and block blood flow, resulting in a stroke. Blood thinner medications, called anticoagulants, can help prevent clots from forming.

- **High blood cholesterol** — People with high blood cholesterol have an increased risk for stroke as this can lead to plaque buildup in blood vessel walls. This makes the blood vessels narrower which decreases blood flow.

- **Poor diet** — Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Diets high in sodium (salt) can lead to high blood pressure. Diets containing too many calories can result in obesity. On the other hand, a diet containing five or more servings of fruits and vegetables per day may reduce the risk of stroke.

- **Physical inactivity and obesity** — Being inactive, obese or both can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. So go on a brisk walk, take the stairs, and do whatever you can to make your life more active. Try to get a total of at least 30 minutes of activity on most or all days.

11. **Which of the following risk factors can you control?**
   
a. Diabetes  
b. Age, gender &/or race  
c. High blood pressure & high cholesterol  
d. Cigarette smoking &/or heavy alcohol use  
e. Obesity and physical inactivity  
f. Family history of stroke or you have had a stroke or TIA

- A, C, D, E above
There are several risk factors that increase your risk of having a stroke that you can control through lifestyle changes.

- Monitor your blood sugar levels and control diabetes when present
- Control your blood pressure
- Reduce your cholesterol levels
- Quit smoking
- Limit alcohol consumption
- Maintain a near normal weight
- Get a moderate amount of exercise each day (20 to 30 minutes)
- Monitor and learn to decrease the amount of stress in your life
- Get regular checkups to identify the presence of heart disease

The following risk factors cannot be controlled, but may increase your risk of having a stroke:

**Age**
A stroke can happen to anyone, but risk of stroke increases with age. After the age of 55, stroke risk doubles for every 10 years a person is alive.

**Gender**
Men have more strokes than women at younger ages. Because stroke risk increases as you age, about 55,000 more women than men have strokes each year, mainly because women live longer than men. Women are also two times more likely to die from a stroke than breast cancer annually.

**Race**
African Americans have twice the risk of stroke when compared to Caucasians. Hispanic and Asian/Pacific Islanders also have higher risk than Caucasians.

**Family history**
If a family member has had a stroke, everyone in the family has a higher risk of stroke.

**Previous stroke or TIA**
About 5 to 14 percent of the people who have a stroke this year will have a second one. Within the next 5 years, stroke will reoccur in 24% of women and 42% of men. Up to 40% of people who have a TIA are expected to have a stroke.

For more information, try these websites:

National Stroke Association:  [www.stroke.org](http://www.stroke.org)
American Stroke Association:  [www.strokeassociation.org](http://www.strokeassociation.org)