

VICKIE AND JACK FARBER INSTITUTE FOR NEUROSCIENCE

Preventing Stroke : 2021 and Beyond



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Health®**

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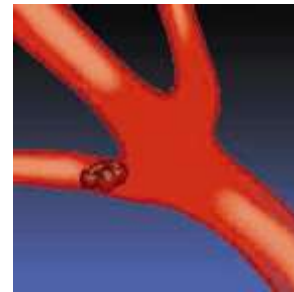


Definition of Stroke

- Sudden brain injury due to compromised blood flow to the brain

Ischemic = Clot

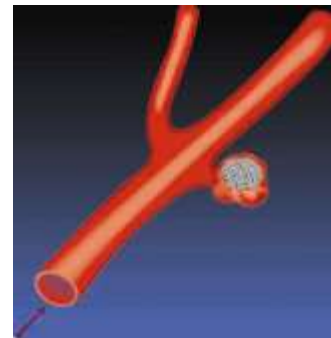
(makes up approximately
85% of all strokes)



Hemorrhagic = Bleed

(accounts for about 15% of strokes)

- Bleeding around brain
- Bleeding into brain



Stroke Facts



- 5th leading cause of death in the United States
- 800,000 Americans suffer strokes each year
- 6,400,000 stroke survivors
- A leading cause of disability

Stroke Facts



- A leading cause of adult disability
- On average, someone suffers a stroke every 40 seconds in America
- Someone dies of a stroke every 4 minutes

- Space shuttle program
1972-2011: \$196 billion
- In 2010, stroke care
costs \$73 billion in
direct and indirect costs



DARLENE SHIELDS

Perceptions of Stroke

Myth

- **Stroke is not preventable**
- **Stroke cannot be treated**
- **Stroke only strikes the elderly**
- **There is no hope after a stroke**

Reality

- **Up to 80% percent of strokes are preventable**
- **Stroke requires emergency treatment**
- **Anyone can have a stroke**
- **Stroke recovery can last a lifetime**

Stroke Strikes F.A.S.T. You Should, Too. Call 9-1-1

- **F** = Face: ask the person to smile
- **A** = Arm: ask the person to raise both arms
- **S** = Speech: ask the person to speak a simple sentence
- **T** = Time: to call 911

Every minute matters!





How Do You Prevent Stroke?

National Stroke Association

**Recommends that you follow these
guidelines to help people reduce their risk
for stroke...**

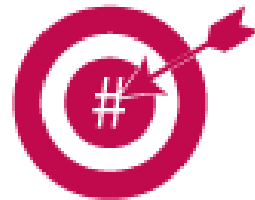


THE AMERICAN HEART ASSOCIATION'S "LIFE'S SIMPLE 7" STEPS

Get Started Now



**GET
ACTIVE**



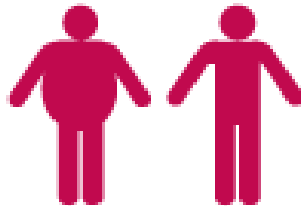
**CONTROL
CHOLESTEROL**



**EAT
BETTER**



**MANAGE BLOOD
PRESSURE**



**LOSE
WEIGHT**



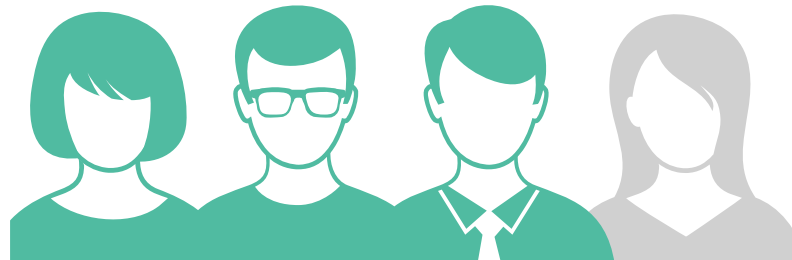
**REDUCE
BLOOD SUGAR**



**STOP
SMOKING**

HIGH blood pressure
is stroke's public
ENEMY #1.

3 OUT OF 4 PEOPLE who
suffer first strokes have high blood
pressure.



Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 90	or	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	or	110 or higher

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate-to-vigorous-intensity aerobic activity **3-4** days per week





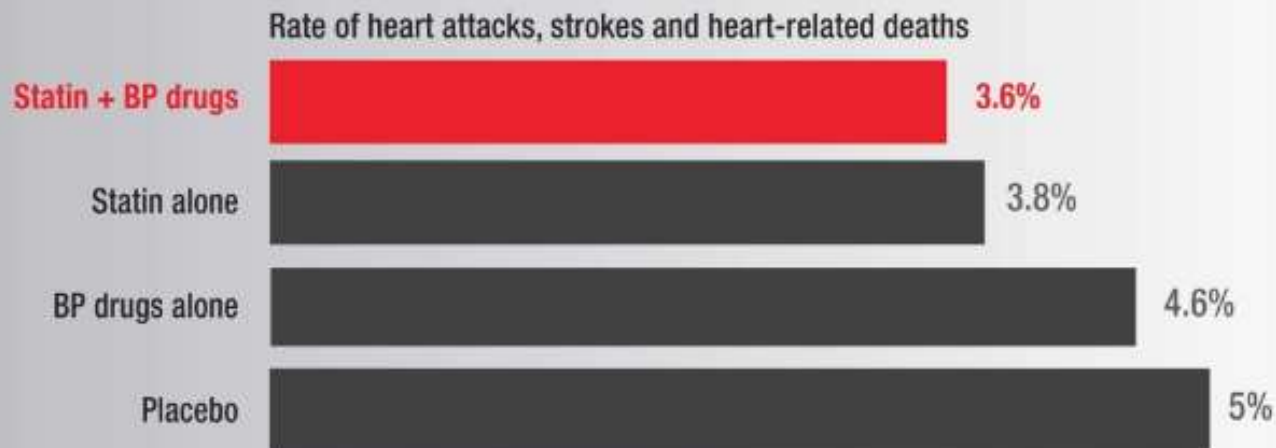
MEDITERRANEAN DIET



BETTER **TOGETHER**

By AMERICAN HEART ASSOCIATION NEWS

Adding a statin to high blood pressure drugs resulted in **fewer heart attacks, strokes and heart-related deaths** for average-risk people.



Source: *The New England Journal of Medicine*

Published May 12, 2017

Quit Smoking! Avoid second-hand smoke!

- Smoking robs you of some of your good cholesterol.
- Smoking temporarily raises your blood pressure.
- Smoking increases the blood's clotting likelihood.
- Smoking makes it more difficult to exercise.
- Smoking is the most preventable cause of death in the United States.
- On average, smokers die more than 10 years earlier than nonsmokers.

Reducing CV Disease Risk in the Workplace

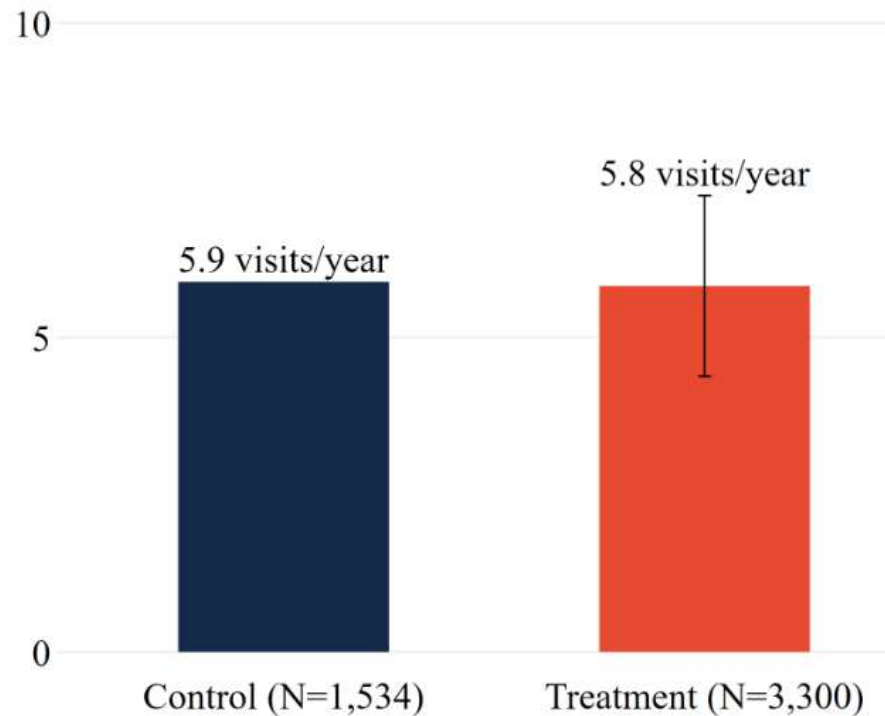


What Do Workplace Wellness Programs Do? Evidence from the Illinois Workplace Wellness Study

Damon Jones, David Molitor & Julian Reif

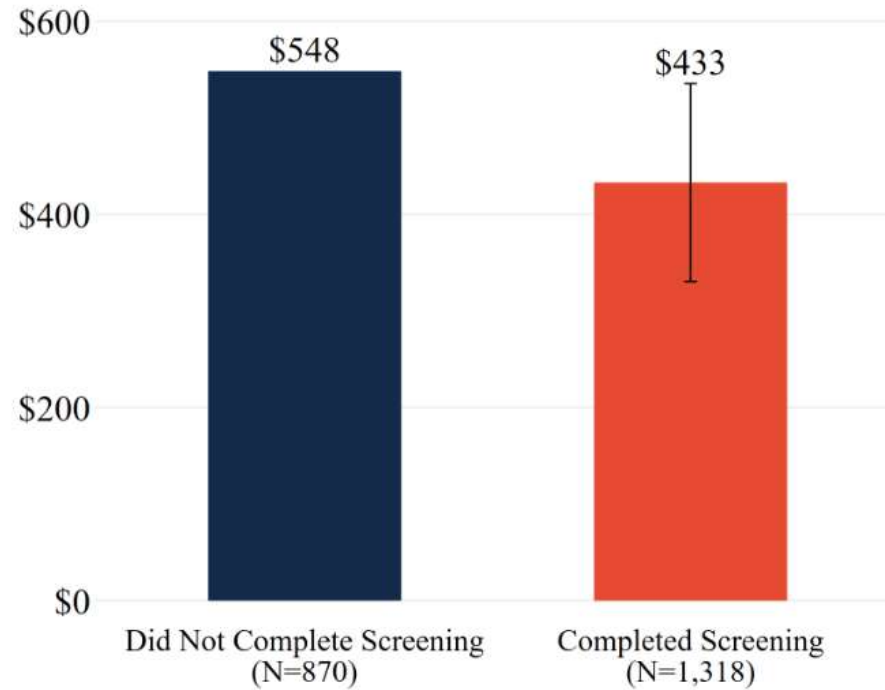
After 1 year, workplace wellness also did not change employees' measured health behaviors

Gym Usage Effects
Post-intervention average annual gym visits

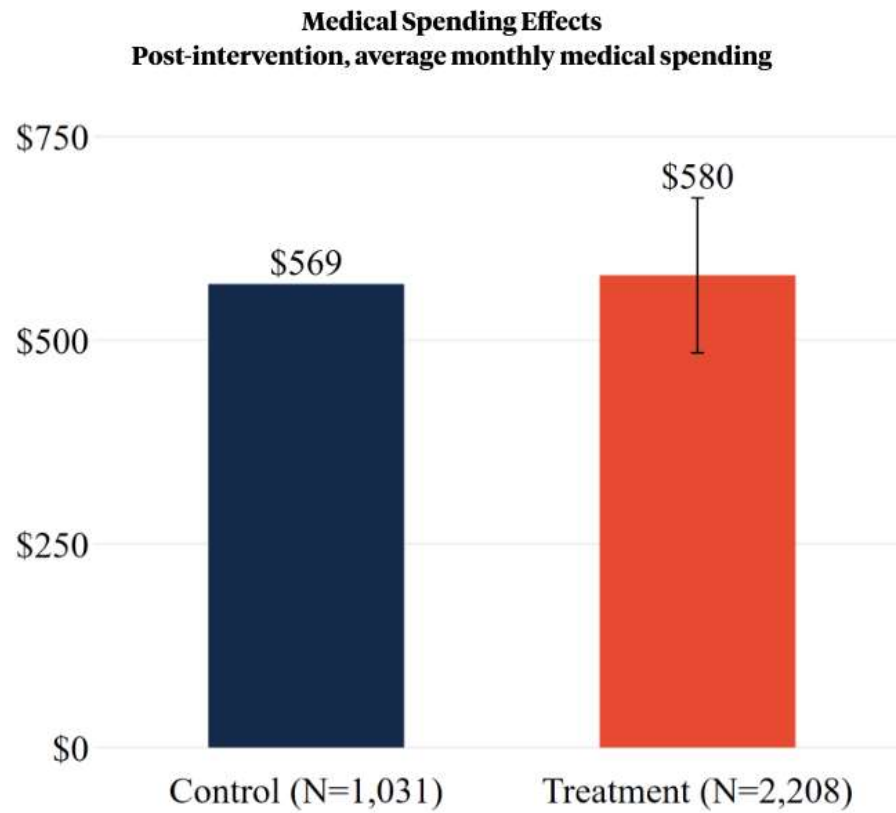


Employees who chose to participate in workplace wellness already had lower health care costs before the program began

Prior Medical Spending
Pre-intervention average medical spending among treatment group members



After 1 year, workplace wellness did not change health care costs



Be Stroke Smart



Reduce: stroke risk



Recognize: stroke symptoms



Respond: at the first sign of stroke,
Call 911 immediately!

For your **BEST** life.



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