



pa health  
& wellness™



# STROKE AWARENESS

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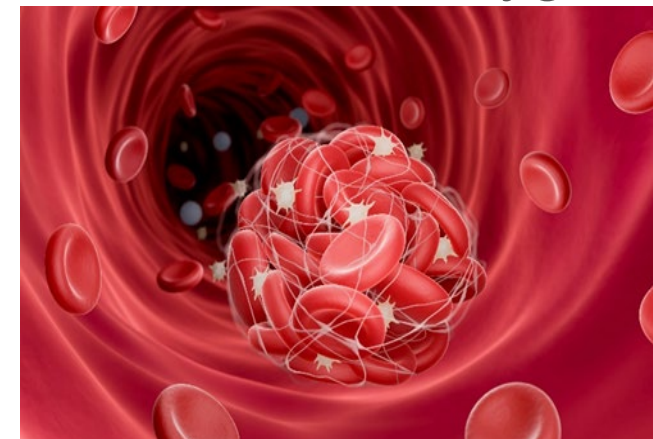
# STROKE

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A stroke, also known as a cerebrovascular accident (CVA), is a medical condition that occurs when the blood flow to the brain is interrupted, causing brain cells to die.

- With a stroke, the blood vessels which carries oxygen and nutrients to the brain become either blocked by a clot or the blood vessel bursts (ruptures).
- When this happens, parts of the brain cannot get the blood and oxygen it needs, causing the brain cells to die.

(American Stroke Association (ASA), 2025)



(Getty Images, 2025)

# STROKE

## In the United States:

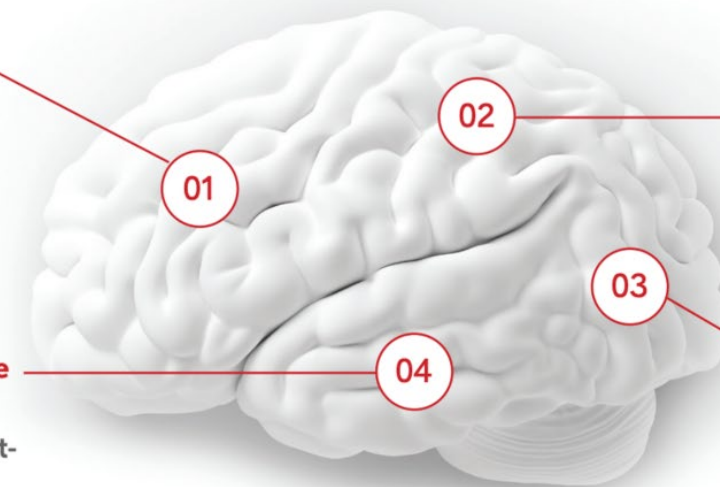
- Stroke is the 5<sup>th</sup> leading cause of death and disability.
- Every year, more than 795,000 people have a stroke.
  - Approximately 610,000 people have their first stroke or new strokes.
  - About 185,000 people, nearly 1 of 4, have had a previous stroke. (Centers for Disease Control (CDC), 2024)
- According to the CDC, in 2022, there were 6,870 people in Pennsylvania who had stroke related deaths.
- Approximately 80% of strokes can be prevented.

### Frontal Lobe

controls personality, reasoning, parts of speech, and muscle movement

### Temporal Lobe

controls hearing, speech, and short-term memory



### Parietal Lobe

controls speech and sensation (touch and pressure)

### Occipital Lobe

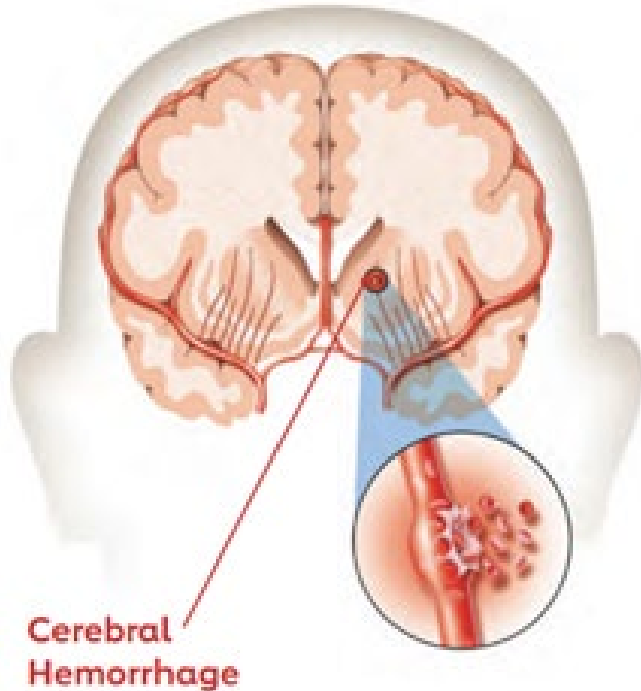
controls vision

(ASA, 2005)

# TYPES OF STROKE

There are several different types of stroke:

- **Ischemic Stroke** occurs when a blood vessel supplying blood to the brain becomes blocked (obstructed).
- **Hemorrhagic Stroke (Bleeds)** occurs when the blood vessels in the brain weaken and burst (rupture).
- **Transient Ischemic Attack (TIA)** is often referred to as a 'warning stroke' because it is caused by a temporary clot.
- **Cryptogenic Stroke** is when the cause of a stroke cannot be determined.
- **Brain Stem Stroke** occurs in the part of the brain called the brain stem. It can affect both the right and left sides of the body causing a person to not to be able to speak or move below the neck. (ASA, 2025)

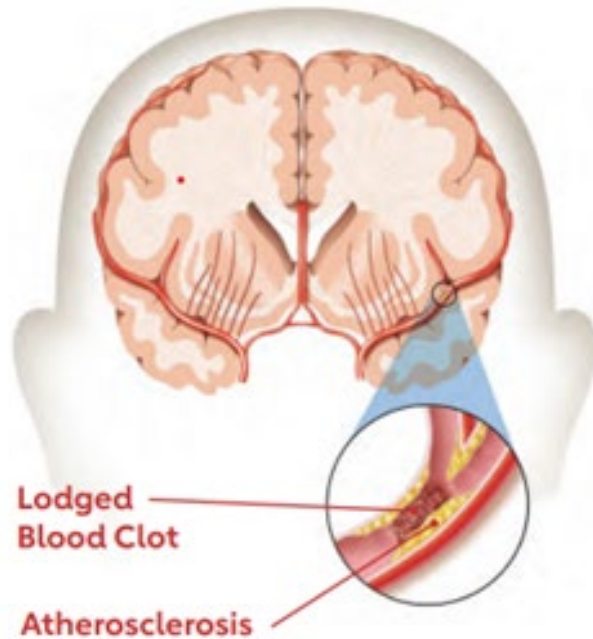


(ASA, 2005)

# TYPES OF STROKE

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There are several different types of stroke  
(Continued):



(ASA, 2005)

- **Mini Stroke vs Regular Stroke**
  - Per the Mayo Clinic (2025), the term 'mini stroke' is a Transient Ischemic Attack (TIA) which occurs when there is a brief blockage of the blood flow to the brain. Symptoms may only last a few minutes.
  - 1 in 3 people who have a TIA may have a stroke. This risk is the highest within 48 hours after a TIA.

# BRAIN INJURY AFTER A STROKE

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Depending on which area of your brain is affected by a stroke, you can have changes to your daily abilities. (ASA, 2025)

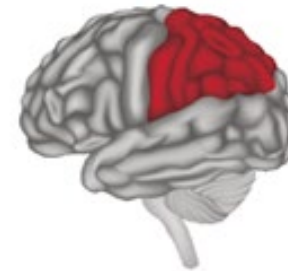
FRONTAL LOBE



## Injury in the Frontal Lobe can cause:

- Changes in mood/personality, behaviors, emotions, and impulses
- Difficulty paying attention, problem solving, completing tasks, and speaking
- May experience muscle weakness, lack of coordination, and difficulty moving

PARIETAL LOBE



## Injury in the Parietal Lobe can cause:

- Difficulty determining left from right, eye to hand coordination, focusing/attention, naming/drawing objects, and problem solving
- May become unaware of things on one side of the body or ignore things/people on one side of your body.

# BRAIN INJURY AFTER A STROKE

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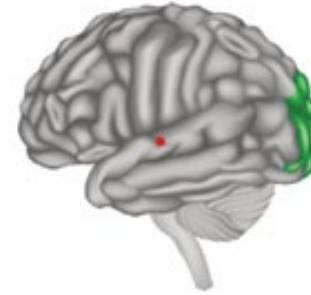
TEMPORAL LOBE



## Injury to the Temporal Lobe can cause:

- Difficulty with your long-term memory, recognizing someone, understanding words, and paying attention
- Aggressive behaviors and experience inappropriate emotions

OCCIPITAL LOBE



## Injury to the Occipital Lobe can cause:

- Difficulty with your vision, naming colors, reading, writing, or drawing.
- Experiencing hallucinations



# BRAIN INJURY AFTER A STROKE

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CEREBELLUM



## Injury to the Cerebellum can cause:

- Challenges with slurred speech, holding objects, and walking
- Difficulty with words and meanings

BRAIN STEM



## Injury to the Brain Stem can cause:

- Difficulty sleeping, swallowing, speaking, or develop double vision
- Weakness, dizziness, and balance/movement difficulties

# WOMEN AND STROKES

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Stroke is a leading cause of death for women.

- In the United States, 1 in 5 women between the ages of 55-75 will have a stroke.
- The good news is that 4 in 5 strokes are preventable. (Centers for Disease Control (CDC), 2024)
- A women's risk factors may include (CDC, 2024) (Healthline, 2024):
  - High blood pressure (hypertension) is a main factor for stroke.
  - Stroke risk increases with age.
  - If you have high blood pressure during pregnancy
  - If you use certain types of birth control medicine, especially if you also smoke
  - If you have rates of depression
  - Use of hormone therapy
  - Have migraine with aura
  - Atrial fibrillation



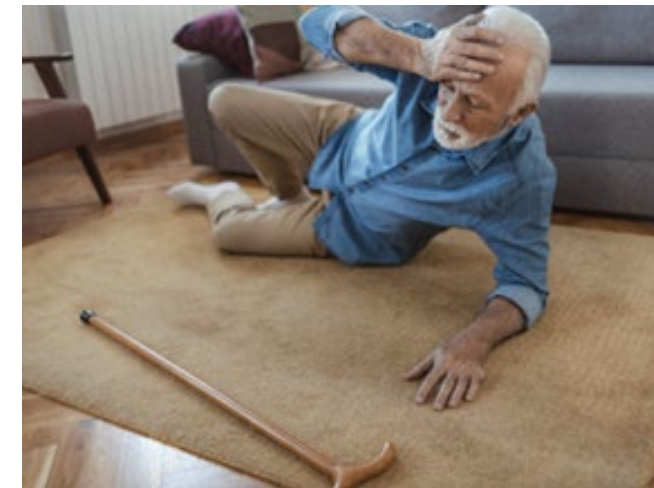
(Getty Images, 2025)

# MEN AND STROKES

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Like women, stroke is a leading cause of death and long-term disability among men.

- Men under the age of 44 are hospitalized at a higher rate than women in the same age group for a stroke.
- Again, the good news is that 4 in 5 strokes are preventable. (CDC, 2024)
- Risk factors for men may include (CDC, 2024):
  - High blood pressure (hypertension) is a major factor for stroke.
  - You smoke.
  - You are overweight and/or have obesity.
  - You have diabetes.
  - You drink too much alcohol.
  - You're not physically active enough.



(Getty Images, 2025)

# SYMPTOMS OF A STROKE

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A stroke is an emergency which requires calling 911.

Stroke treatments work best when a stroke is recognized and diagnosed within 3 hours of the first symptom.

When a stroke strikes, every second counts. The signs of a stroke are mostly the same for men and women, including (CDC, 2024):

- You have sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- You have sudden confusion, trouble speaking, or difficulty understanding speech.
- You have sudden trouble seeing in one or both eyes.
- You have sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- You have a sudden severe headache with no known cause.



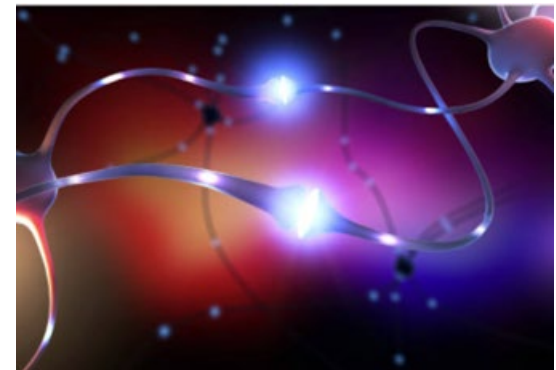
(Getty Images, 2025)

# SYMPTOMS OF A STROKE

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Additionally, women may have symptoms often not associated with strokes in men and can be difficult to connect them immediately to a stroke. These may include (Healthline, 2024):

- Nausea or vomiting
- Seizures
- Hiccups
- Shortness of breath
- Pain
- Fainting or loss of consciousness
- General weakness
- Altered mental status including unresponsiveness, disorientation, confusion, sudden behavior changes, agitation, and hallucination.



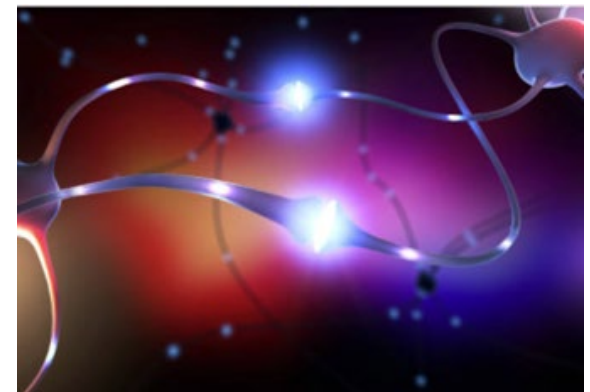
(Getty Images, 2025)

# SYMPTOMS OF A STROKE

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The symptoms of a TIA may last only a few minutes and are the same as a stroke (CDC, 2024):

- Numbness or muscle weakness, usually on one side of the body
- Trouble speaking or understanding speech
- Dizziness or loss of balance
- Double vision or trouble seeing in one or both eyes.



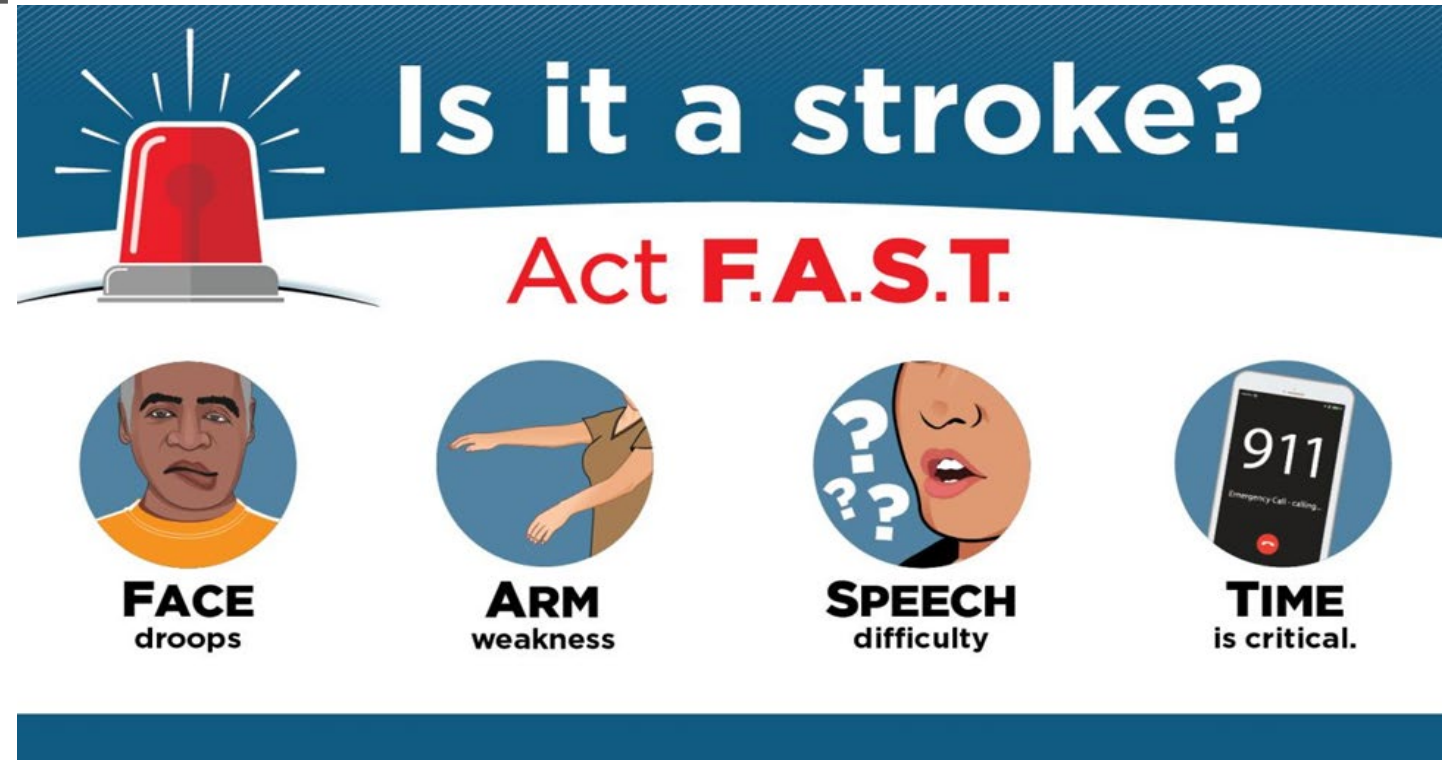
(Getty Images, 2025)

# GETTING HELP

Call 9-1-1 right away if you or someone else has any of these symptoms.

Remember to act **F.A.S.T.**:

- **F**ace droops
- **A**rm weakness
- **S**peech difficulty
- **T**ime is critical



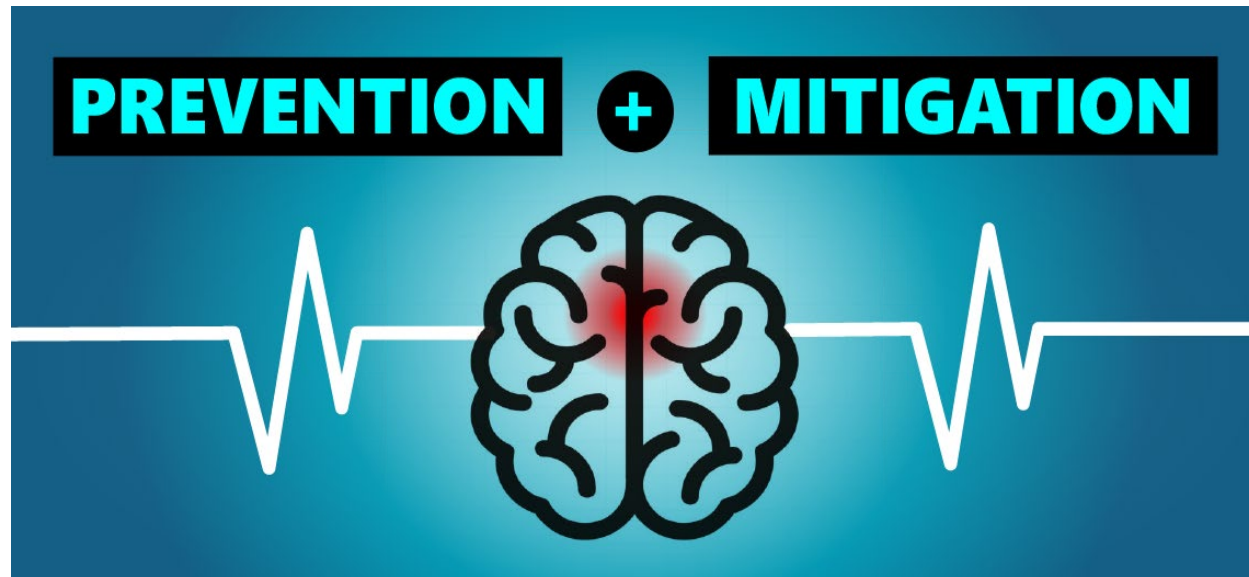
(Mass.gov, 2025)

# PREVENTING A SECOND STROKE

To prevent a second stroke, focus on monitoring your health and work with your provider to address any underlying conditions that may increase your stroke risks.

Steps to take to help prevent a second stroke (CDC, 2024) (ASA, 2025):

- Know the cause of your stroke.
- Manage your high blood pressure.
- Control your cholesterol.
- Reduce your blood sugar.
- Be active, eat better, and lose weight.
- Stop smoking.
- Be involved in your treatment plan decisions.
- Take medications as prescribed by your provider, such as:
  - Aspirin or Clopidogrel to prevent blood clots
  - Anticoagulation therapy
- Join a program that includes exercise, education and counseling (ASA, 2025)



(HealthAware, 2025)



# ADDITIONAL RESOURCES

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American Stroke Association (A division of the American Heart Association):

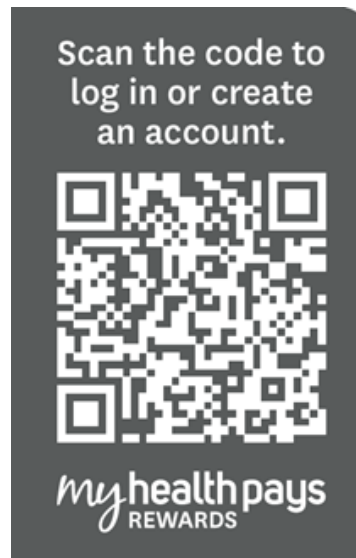
- Weblink: <https://www.stroke.org/en/help-and-support>
- **Stroke Family Warmline:** 1-888-4-STROKE or 1-888-478-7653 (Monday-Friday: 8:30 a.m.-5 p.m. CST.
  - Weblink: [Stroke.org/speakwithus](https://www.stroke.org/speakwithus)
- **Life After a Stroke Guide.**
  - Weblink: [https://www.stroke.org/en/-/media/Stroke-Files/life-after-stroke/Life-After-Stroke-Guide\\_7819.pdf?sc\\_lang=en](https://www.stroke.org/en/-/media/Stroke-Files/life-after-stroke/Life-After-Stroke-Guide_7819.pdf?sc_lang=en)

# PHW WELLNESS MANAGEMENT

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To learn more about My Health Pays® Rewards program or make a referral to disease management:

- Visit [PAHealthWellness.com](http://PAHealthWellness.com)
- Call Participant Services: 1-844-626-6813 (TTY:711)
- Email: [phwcasemanagement@pahealthwellness.com](mailto:phwcasemanagement@pahealthwellness.com)
- **QR Code:**



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