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May is National Stroke Awareness Month

The National Stroke Association and the Schoharie County Department of Health want you to know that 795,000 people in the U.S. will have a stroke this year. Yet most people cannot identify stroke warning signs or risk factors and most of those strokes are preventable--some studies indicate that up to 80 percent of strokes can be prevented.

Did You Know?

- Stroke is the fourth leading cause of death in the U.S.
- Stroke is a leading cause of adult long-term disability.
- By 2030, it is estimated that 4 million people will have had a stroke. This is nearly 25 percent higher than 2010 estimates.
- Stroke is an emergency! It's important to learn stroke warning signs and how to respond to them. If given within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

Use [FAST](#) to remember the warning signs of stroke:

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If you observe any of these signs, call 9-1-1 immediately.

For more information visit www.stroke.org