

HEALTHY HABITS Promotion Plan

STROKE PREVENTION AND DETECTION



OCTOBER
2021

According to the WHO, cardiovascular diseases are the **leading cause of mortality worldwide**, before cancer or respiratory diseases.

Here we present information about **STROKE**, one of the most frequent diseases within this group, to help you know it and be able to prevent it.



1. WHAT IS A STROKE and its DIMENSIONS

What is a STROKE?

A **stroke, embolism or cerebrovascular accident** occurs when the blood supply to the brain is interrupted, either because a vessel has become obstructed by a clot, or because it has ruptured.

WORLDWIDE



13.7 million new cases of stroke each year

80 million people suffer consequences:

- 1st cause of disability in adults
- 2nd cause of dementia in adults

A case is diagnosed every 6 minutes

- 1st cause of death in women
- 2nd leading cause of death in the world
(+ 5.5 million a year).

2. HOW TO PREVENT A STROKE

There are two **types of risk factors** that increase the probability of suffering a cardiovascular disease such as STROKE:

RISK FACTORS NOT MODIFIABLE

The individual has no influence capacity.

- Age
- Family background (Genetic heredity)

RISK FACTORS MODIFIABLE

The individual can modify its habits to reduce risk.

- High cholesterol levels
- High blood pressure (hypertension)
- Diabetes
- Smoking habit
- Obesity
- Sedentary lifestyle
- Stress

3. CONSEQUENCES OF STROKE

MAIN CONSEQUENCES OF STROKE

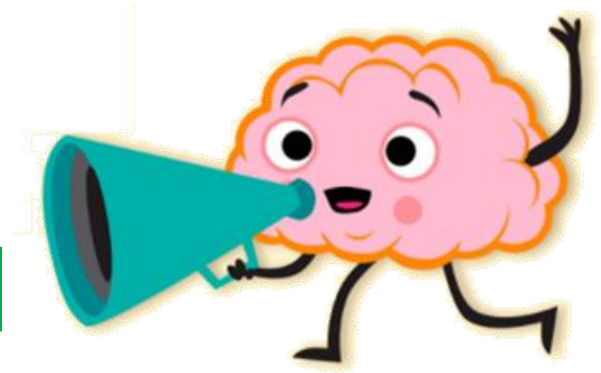


Its manifestation will largely depend on how quickly the stroke is detected, as well as its prompt treatment.

4. HOW TO PREVENT A STROKE

Risk factors are cumulative, so the more risk factors a person has, the greater the likelihood of developing cardiovascular disease.

**90% of all strokes
can be prevented**



In the next slides we present the main modifiable risk **factors to reduce** the probability of suffering a **stroke**.

4. HOW TO PREVENT A STROKE

TIPS TO PREVENT STROKE

01

Eat a balanced diet, low in salt and saturated fat, with adequate protein and caloric intake.



02

Perform regular and sustained physical activity

A sedentary lifestyle is associated with increased cholesterol, hypertension, obesity, and other vascular risk factors.



03

Control weight, since this is associated with higher blood pressure, diabetes and increased cholesterol.



4. HOW TO PREVENT A STROKE

TIPS TO PREVENT STROKE



04

Regularly check blood pressure
Hypertension is the most important risk factor.

05

Know your cholesterol and sugar levels
in blood, since they affect circulation
damaging the arteries and multiplying the risk.



06

Give up tobacco

It reduces the risks of cardiovascular diseases,
in addition to improving circulation and lung
capacity.



4. HOW TO PREVENT A STROKE

TIPS TO PREVENT STROKE

07

Avoid drinking alcohol

Consuming alcohol increases the risk of harmful consequences for those who drink it.

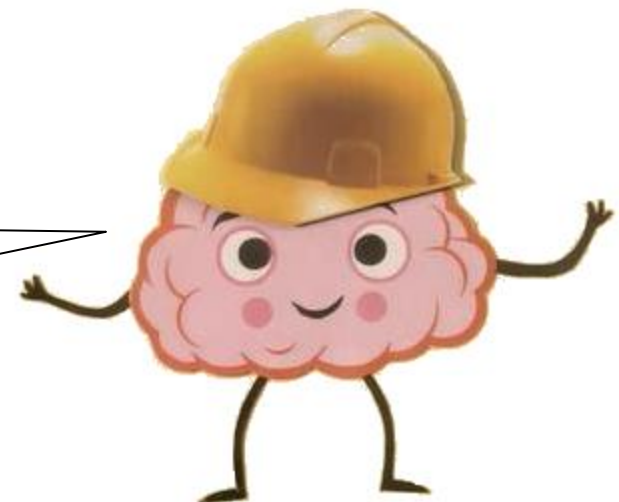


08

Regularly perform a preventive health exam

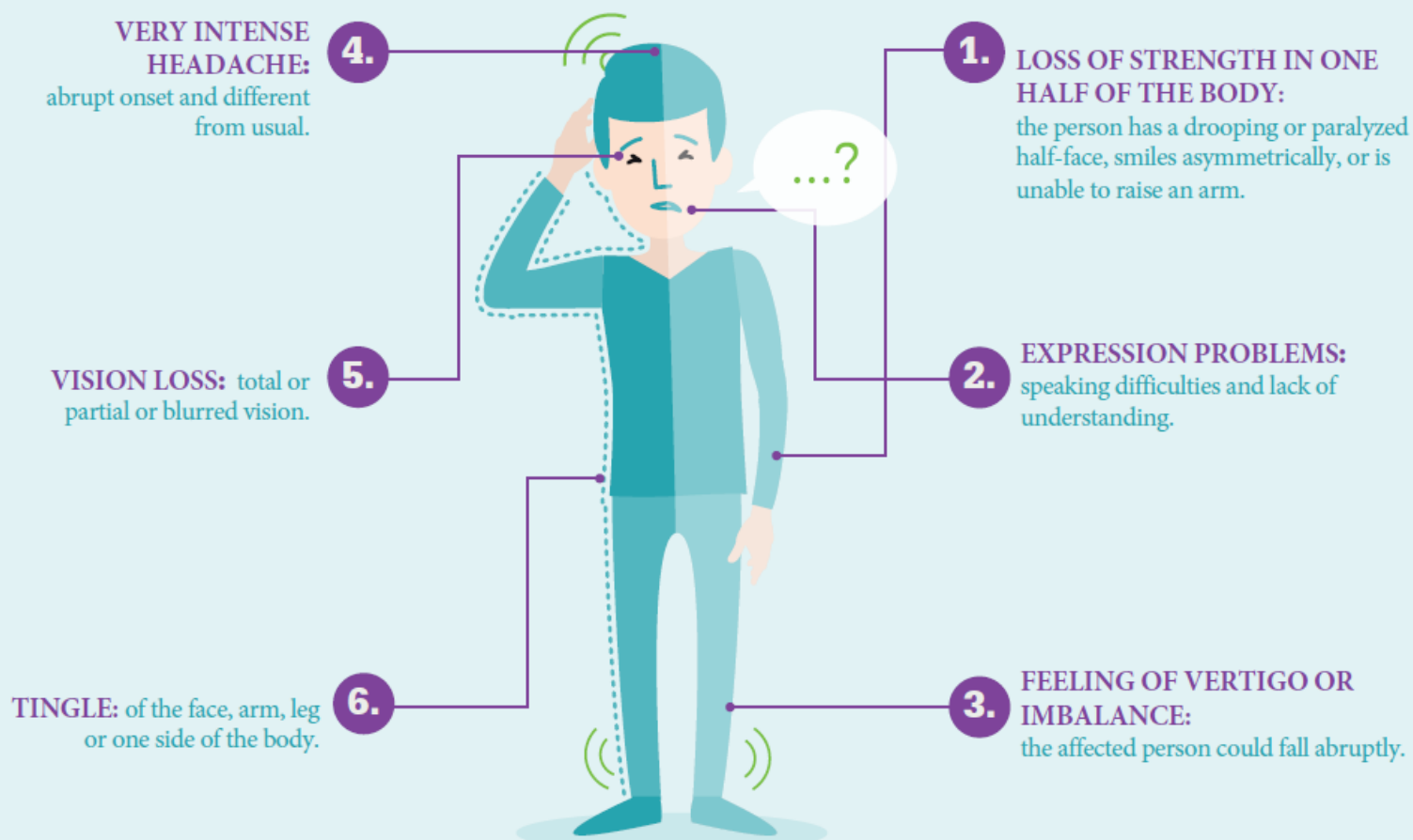
The control of risk factors is essential for their prevention.

**IT'S BETTER TO
PREVENT THAN
TO CURE**



5. HOW TO DETECT IT

6 ALARM SIGNALS TO DETECT A STROKE



6. HOW TO ACT IN THE EVENT OF A STROKE

Its effects can be avoided, especially if it is detected during the first 3 hours, so the main thing is:

ACT QUICKLY AND CALL EMERGENCY SERVICES



WHAT YOU SHOULD NOT DO

- Don't wait to go to the hospital
- Don't take aspirin or other medications
- Do not drive to the hospital
- Don't think you are too young to have a stroke

7. ADDITIONAL INFORMATION

Click on the following video to find out why it is important to disseminate information about STROKE in the workplace



For more information you can consult the website of the [Spanish Federation of ICTUS](#)

Take care of your health,
take care of your future.


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+ HEALTHY


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