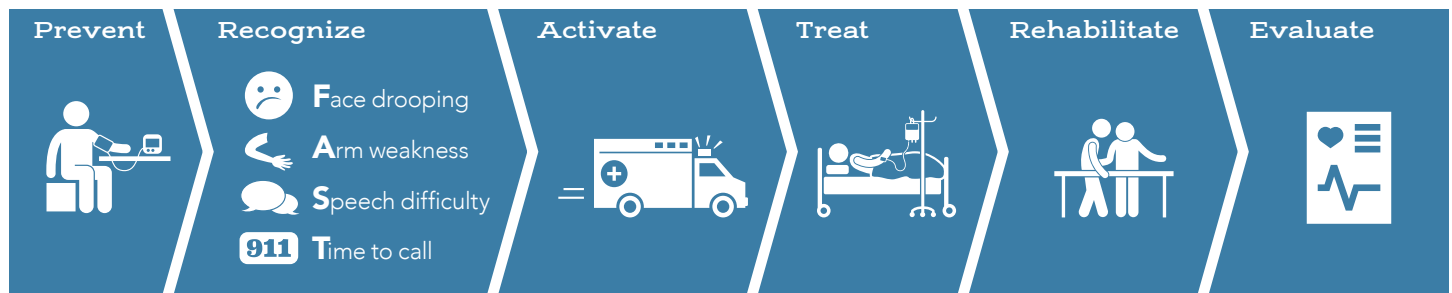


# STROKE IN WASHINGTON

Stroke is the 6th leading cause of death and a leading cause of disability

## STROKE SYSTEMS SAVE TIME & LIVES

Well-coordinated systems are efficient and get patients to treatment fast, saving lives, reducing disability, and lowering costs for rehabilitation and long-term care.



Patients who arrive by EMS get assessed and treated faster than those who arrive by private vehicle.

11 mins



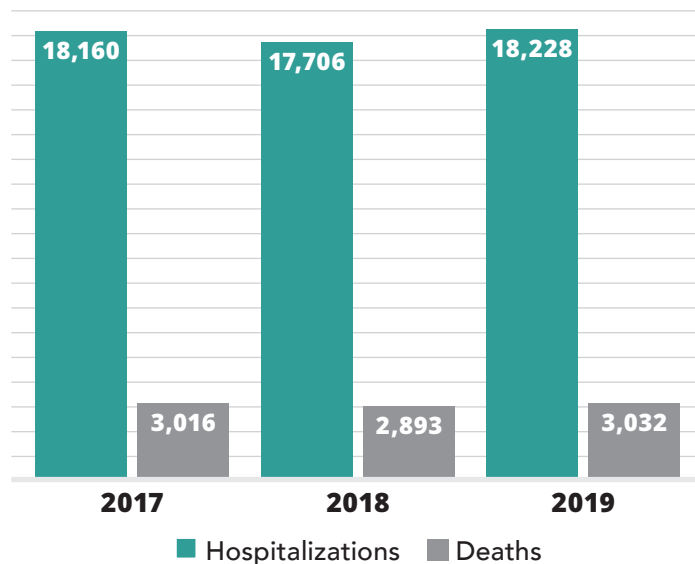
vs.

23 mins

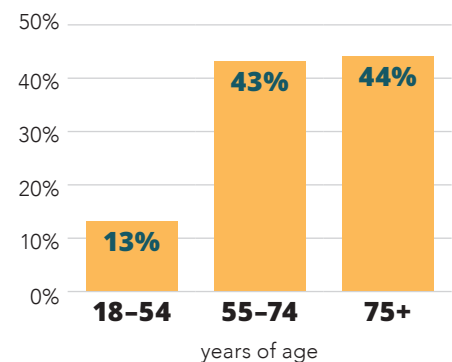


Time to CT scan

## STROKE HOSPITALIZATIONS & DEATHS



### 2019 Hospitalizations due to Stroke



Most strokes happen to people over 60, but studies show an increase in stroke hospitalizations among younger adults, ages 18-54.

## There is life after stroke!

- » Rehabilitation helps survivors regain mobility, strength, and confidence.
- » Support groups help survivors and their caregivers adjust after stroke.

# STROKE IS . . .

## PREVENTABLE

80% of strokes may be prevented by:

- » Managing blood pressure
- » Controlling cholesterol
- » Reducing blood sugar
- » Being active
- » Eating well
- » Maintaining a healthy weight
- » Not smoking

High blood pressure is the leading cause of stroke.

## LIFE-CHANGING

Stroke can affect a person's ability to speak, see, think, walk, go to the bathroom, eat, read, drive, work, have sex, relate to others, and be independent.

It can lead to **depression, dementia, and caregiver burden.**



**2 million brain cells**

may be lost for every minute someone is having a stroke.

## COMMON



**1 in 4 people** worldwide over the age of 25 will have a stroke.



**Every 40 seconds** someone in the U.S. has a stroke.

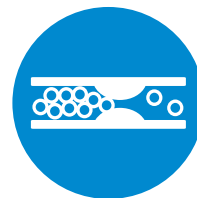
## TREATABLE & TIME-CRITICAL



**Fast treatment** means less brain damage, better outcomes and reduced costs.



**Clot-busting drug** should be administered within 4.5 hours of stroke onset to reduce long-term effects from stroke.



**Clot removal** treatment can benefit some patients and limit disability from stroke if done within 24 hours of stroke onset.

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