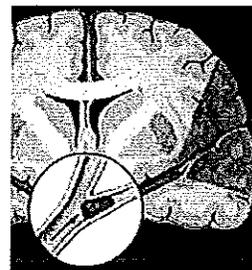


Strokes – What You Need to Know



Pre-reading

Questions: What do you know about strokes? What would you like to know?

Definitions: Vessel – a long, narrow tube that carries fluids through the body

Frequent – happening often

Reading

17 700,000 Americans suffer a stroke every year. It is one of the leading causes of disability in
36 America. More than 160,000 people in the United States die of strokes each year. It is the nation's third
38 leading killer.

58 Strokes occur in all age groups, in both sexes, and in all races in every country. They can even occur
77 before birth, when the fetus is still in the womb. In African Americans, strokes are more common and more
95 deadly – even in young and middle-aged adults – than for any ethnic or other racial group in the United
112 States. African American adults are 50% more likely than their White adult counterparts to have a stroke.

131 A stroke occurs when the blood supply to part of the brain is suddenly interrupted or when a blood
149 vessel in the brain bursts, spilling blood into the spaces surrounding brain cells. Brain cells die when they
168 no longer receive oxygen and nutrients from the blood or there is sudden bleeding into or around the brain.

188 There are two kinds of stroke. The most **common** kind of stroke is caused by a blood clot that blocks
210 or plugs a blood vessel in the brain. The other kind of stroke is caused by a blood vessel that breaks and
214 bleeds into the brain.

232 What are the risk factors? A risk factor is a condition or behavior that occurs more frequently in
254 those who have, or are at greater risk of getting, a disease than in those who don't. Having a risk factor for
273 stroke, doesn't mean you'll have a stroke. On the other hand, not having a risk factor doesn't mean you'll
291 avoid a stroke. Your risk of stroke does grow as the number and severity of risk factors increases.

307 Stroke prevention is the best medicine. Some of the most treatable conditions linked to strokes are:

- 322 • High Blood Pressure – Treat it. Eat a balanced diet, maintain a healthy weight, and exercise
326 to reduce blood pressure.
- 334 • Cigarette Smoking – Quit. Ask your doctor for help.
- 348 • Heart Disease – Manage it. Your doctor can treat your heart disease and may prescribe
354 medication to help prevent blood clots.
- 367 • Diabetes – Control it. Treatment can delay complications that increase the risk of stroke.
- 379 • Physical Inactivity – Just move. Activities such as brisk walking, riding a bicycle,
392 swimming, and yard work lower the risk of both stroke and heart disease.
- 408 • High Cholesterol – Have power over it. High cholesterol in the blood is a major risk factor
417 for heart disease and raises your risk of stroke.
- 431 • Illegal drugs – Don't use them. Intravenous drug abuse carries a high risk of stroke.
447 Cocaine use has been linked to strokes and heart attacks. Some have been fatal even in
450 first-time users.

466 Contact your doctor right way, if you experience any of these stroke symptoms: sudden numbness or
482 weakness, especially on one side of the body; sudden confusion or trouble speaking; sudden trouble seeing
500 in one or both eyes; sudden trouble walking, loss of balance, or dizziness; or sudden severe headache with
503 no known cause.

Understanding

1. What does the word **common** mean? _____

2. How does stroke affect the workforce in the U.S.? _____

3. What does the sentence "Stroke prevention is the best medicine" mean? _____

4. Which ethnic or racial group should be extra aware of strokes? Why? _____

5. How many types of strokes are there? Which is the most common? _____

6. List three risk factors for stroke. _____

7. Think of yourself and your lifestyle. What could you do to reduce your chance of having a stroke? _____

Writing

Option A: Summarize the reading in your own words.

Option B: Write about someone you know who has had a stroke. How has it affected his/her life?

Name: _____ Date: _____

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KWL Chart

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Select a topic you want to research. In the first column, write what you already know about the topic. In the second column, write what you want to know about the topic. After you have completed your research, write what you learned in the third column.

What I Know	What I Want to Know	What I Learned