

## STROKE

MYTH **FACTS**



### *Stroke Myth or Fact? Put Your Knowledge to the Test*

Many people think they know the facts about strokes, but the truth is that much of what people think is true is actually a misconception. Have you fallen for some of the most common stroke myths? We share the truth below.

#### **Myth #1: Having a stroke is rare.**

Strokes are much more common than most people realize. In fact, more than six million Americans have had a stroke at some point in their lives. In fact, it is the fourth leading cause of death in the United States.

#### **Myth #2: Only older people have strokes.**

Age is certainly a risk factor for strokes – the older you are, the higher your risk. However, that does not mean that younger people are free from stroke risk. Over the last several years, the number of people under the age of 65 that have had a stroke has increased thanks to an increase in high blood pressure and obesity, two other major stroke risk factors.

#### **Myth #3: You have to be in pain if you're having a stroke.**

Most people associate a stroke with experiencing some kind of pain.

The truth is that only 30 percent of people may feel some kind of pain during a stroke, such as a headache. The more common stroke symptoms include:

- Feeling numb or weak on one side of the body
- Trouble understanding speech
- Confusion
- Vision problems
- Loss of coordination

#### **Myth #4: Strokes cannot be prevented.**

While family history and some other uncontrollable factors can increase your risk of having a stroke,

there are several lifestyle choices you can make to help prevent a stroke from occurring. These include:

- Regular physical activity
- Having a healthy, nutritious diet
- Maintaining a healthy body weight
- Not smoking
- Moderating alcohol consumption

If you're concerned about your risk for having a stroke, speak with your doctor today to see what lifestyle changes you can make.