

African-Americans and Stroke

African-Americans are at greater risk from stroke than whites in Missouri. African-Americans are also more likely to die from a stroke at a younger age.

Risk factors

Many of the risk factors for stroke are more common in African-American adults than whites. Risk factors include:

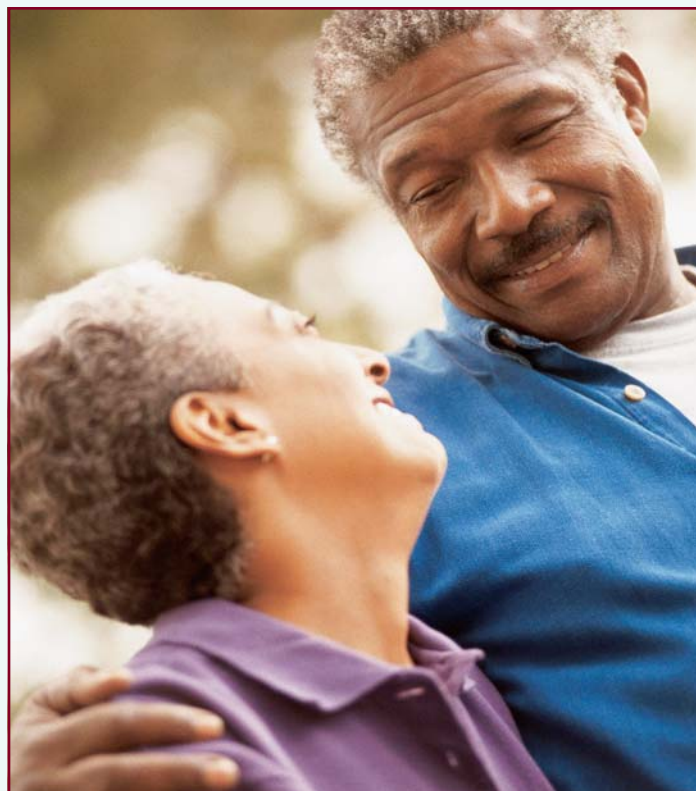
- High blood pressure, the leading risk factor for stroke
- Smoking
- Overweight or obese
- Eating less than the recommended daily servings of fruits and vegetables.
- Lack of physical activity

Reducing your risk

There are a number of things you can do to help reduce your risk of having a stroke:

- Work with your health care provider to keep your blood pressure, cholesterol and diabetes under control.
- Don't smoke.
- Be physically active for 30 minutes or more on most days of the week.
- Eat a healthy diet to maintain a healthy weight – reduce the amount of fat in your diet, and be sure to eat plenty of fruits and vegetables.

Determine your risk by utilizing the American Heart Association risk calculator at https://www.heart.org/gglRisk/main_en_US.html.



Stroke warning signs!

Major advances in stroke treatment have made it more important than ever to seek treatment quickly.

To recognize the signs of a stroke, think FAST:

- **F**ace numbness or weakness, especially on one side
- **A**rm numbness or weakness, especially only on one side of the body
- **S**peech slurred or difficulty in speaking, understanding, or sudden confusion
- **T**ime to call 911 - especially if accompanied by a sudden loss of vision, loss of balance

If you or someone you know is experiencing stroke symptoms, time is critical. Quick treatment is vital to preventing brain damage and saving lives.

More information can be found at:
health.mo.gov/stroke



Missouri Department of Health and Senior Services
Bureau of Cancer and Chronic Disease Control
health.mo.gov/stroke

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