



Stroke Basics and Men's Risk Factors

What is a stroke?

Just like a heart attack is the result of blood not getting to your heart, a stroke is a “brain attack” in that it’s the result of blood not getting to your brain. When brain cells are starved of oxygen, they die.

What are the different types?

There are three main types of strokes. The Centers for Disease Control and Prevention offers an **in-depth overview** that sorts out the differences between each type.



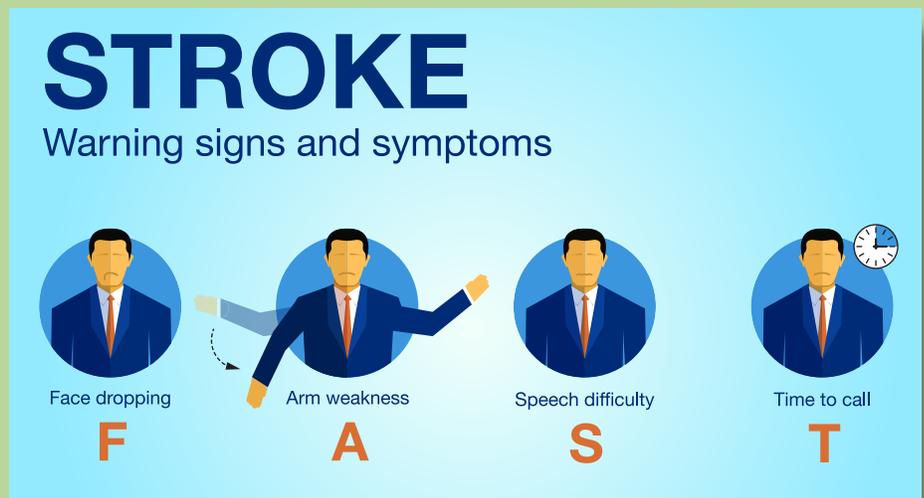
- **Ischemic stroke (clots)**
Occurs when a blood vessel supplying blood to the brain is obstructed. Ischemic strokes account for about 87 percent of all strokes.
- **Hemorrhagic stroke (bleeds)**
Occurs when a weakened blood vessel ruptures. The most common cause of hemorrhagic stroke is uncontrolled high blood pressure.
- **Transient ischemic attack**
Often referred to as a “mini stroke,” transient ischemic attacks are caused by a serious but temporary clot. This is a warning stroke and must be taken seriously.



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What does a stroke look like?

The easiest way to remember the most common signs of stroke is to think FAST:

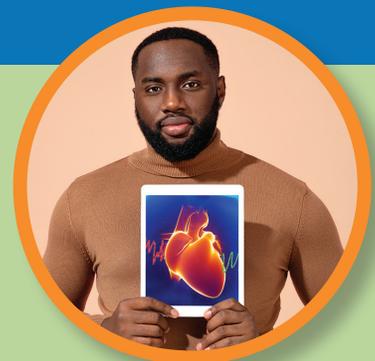


Stroke victims have a “three-hour window” to take clot-busting drugs to boost the chances of full recovery

Who is most at risk?

Stroke is the fifth-leading cause of death for men in America. Overall, strokes are more common in women, but men tend to have strokes at younger ages.

African American men and Hispanic men are at greater risk for stroke due to higher rates of high blood pressure, diabetes, obesity, salt intake and, for African American men, sickle cell disease. About 1 in 365 African American babies is born with this genetic disorder.



What symptoms are most common among men?

- Difficulty maintaining balance, poor coordination
- Weakness on one side of the body
- Numbness on one side of the body