



Press Summary: Stroke and Carotid Artery Disease

HealthYes! Public Relations Group has proactively gathered relevant Statistics, Warning Signs, Risk Factors & Disease information on [Stroke](#) and [Carotid Artery Disease](#), and summarized it below. The information provided is designed to aid medical reporters when completing their due diligence and authoring [articles](#) or [news stories on HealthYes!](#) and [cardiovascular disease](#) in public media. Our hopes are that by building awareness via the media, a more informed and healthy community will result.

- Disease Information
 - A [stroke](#) is the rapidly developing loss of brain functions due to a disturbance in the blood vessels supplying blood to the brain. This can be due to ischemia (lack of blood supply due to [carotid artery disease](#)) caused by thrombosis or embolism or due to a hemorrhage. As a result, the affected area of the brain is unable to function, leading to inability to move one or more limbs on one side of the body, inability to understand or formulate speech or inability to see one side of the visual field. In the past, [stroke](#) was referred to as cerebrovascular accident or CVA, but the term "stroke" is now preferred. A [stroke](#) is a medical emergency and can cause permanent neurological damage, complications and death.
 - Other common terms: brain attack; [Ischemic stroke](#); acute ischemic cerebrovascular syndrome
- Statistics
 - Stroke is the leading cause of serious long-term disability. (Source: *Stroke Fact Sheet*. Centers for Disease Control and Prevention)
 - For stroke victims 40 years of age and older, 21% of men and 24% of women will die in one year following a first stroke. (Source: *Heart Disease and Stroke Statistics -- 2008 Update*. American Heart Association)
 - On average, every 40 seconds someone in the United States has a stroke. (Source: *Heart Disease and Stroke Statistics -- 2008 Update*. American Heart Association)
 - On average, every 3 minutes someone dies of a stroke. (Source: *Heart Disease and Stroke Statistics -- 2008 Update*. American Heart Association)
 - Stroke is the third leading cause of death in the United States. (Source: *Know the Facts, Get the Stats*. American Heart Association)
 - A study published in *The New England Journal of Medicine* concluded that ultrasound scanning of the carotid arteries is the single best predictor of stroke and heart disease. (Source: *The New England Journal of Medicine*, 1999; 340:14-22.)
 - Additional [Stroke and Carotid Artery Disease](#) Statistics
 - Full Medical Bibliography on [Ultrasound of Carotid Artery and Stroke](#)
- Warning Signs
 - Like most cardiovascular diseases, [stroke](#) is considered a “silent killer.” Unfortunately, half of [stroke](#) victims have no warning signs, and their risk often goes undetected through routine exam. Those that do experience warning signs of [stroke](#) often experience one or more of the following:
 - Sudden numbness or weakness of the face, arm, or leg on one side of the body
 - Sudden confusion, trouble speaking, or trouble understanding
 - Sudden trouble walking, dizziness, or loss of balance or coordination
 - Sudden trouble seeing in one or both eyes, with possible dim, blurry or double vision
 - Sudden severe headache with no known cause
- [Stroke](#) Risk Factors

- Controllable Risk Factors:
 - High cholesterol
 - High blood pressure
 - Smoking
 - Diabetes
 - Eat a heart healthy diet
 - Lack of exercise and physical activity
 - Limit alcohol
- Uncontrollable Risk Factors:
 - Age: risk of [stroke](#) increases with age
 - Gender: more women die of [stroke](#)
 - Family history: risk of [stroke](#) is greater if a parent or sibling has had a [stroke](#)
 - Race: African Americans, Native Americans, and Alaskan Natives have a greater risk

For more information on [stroke](#) or [carotid artery disease](#), or to request a press kit, please contact our Director of Communications by phone at 1-800-555-9190 or by email at PR@HealthYes.com.