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National Stroke Awareness Month

by Deborah Rhue on May 19th, 2023 in [Emergency Medicine](#), [Family & Community Care](#), [Health Policy](#), [Neurosciences](#), [Population Health](#) | [0 Comments](#)

May is National Stroke Awareness Month! According to the National Institutes of Health, a 2018 National Health Interview Survey found that 7.8 million Americans have suffered from a stroke. For many years, the rate of strokes in the United States had declined, but due to rising rates of obesity, this decline has reversed, and the incidence of strokes in the United States is rising.

Studies show that there is a connection between high blood pressure, dementia, and stroke. Therefore, controlling high blood pressure has become an integral part of stroke prevention and awareness efforts.

Several prominent health organizations promote stroke awareness and provide guidelines for the lay public and health providers:

The American Heart Association:

<https://www.heart.org/en/professional/quality-improvement/get-with-the-guidelines/get-with-the-guidelines-stroke>

The American Stroke Association (a Division of the American Heart Association):

<https://www.stroke.org/en/about-the-american-stroke-association>

<https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month>

The National Institutes of Health, National Institute of Neurological Disorders and Stroke:

<https://www.ninds.nih.gov/news-events/directors-messages/all-directors-messages/may-stroke-awareness-month-1>


The Centers for Disease Control and Prevention (CDC):


<https://www.cdc.gov/stroke/index.htm>


Acting F.A.S.T. is Key to Stroke Survival





FACE: Does one side of the face droop when smiling?



 **ARMS:** Does one arm drift downward when both arms are raised?

 **SPEECH:** Is speech slurred or strange when repeating a simple phrase?

 **TIME:** If you see any of these signs, call 9-1-1 right away.



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