
Information for Behavioral Health Providers in Primary Care

Stroke Stats

Strokes

Strokes are the Number 1 cause of disability and the number 3 cause of death in the United States. Here are some facts about strokes:

- An estimated 137,000 Americans die from strokes each year.
- About six out of 10 people who die from strokes are women.
- Stroke occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts.
- Of the 795,000 strokes that occur each year in the United States, about 510,000 are first or new strokes.
- About 185,000 people who survive a stroke eventually have another.
- In 2009, strokes cost the United States about \$68.9 billion in health-care costs and lost productivity.
- Common warning signs of stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Other symptoms include sudden confusion, trouble speaking or understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and sudden severe headache with no known cause.
- Not smoking, not drinking excessively and getting exercise can reduce stroke risk.

Source: *Centers for Disease Control and Prevention*