

American Heart Association

Heart and Stroke Awareness

Spencer Fane Webinar

October 16, 2026



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Association.



**American
Heart
Association®**

Who we are

The American Heart Association/
American Stroke Association is not
just a charity. We are crusaders,
innovators, scientists and partners.

Our Mission

is to be a relentless force for a world of
longer, healthier lives. **Our Second Century
Vision** is advancing health and hope for
everyone, everywhere.



We're there every time you visit a smoke-free bowling alley, restaurant or pub. *We did that!* We're there every time you visit a grocery store and read the food labels as a consumer resource. *We did that!* We're there every time your son or daughter has a more nutritious lunch while at school. *We did that!* We're there every time you travel on a smoke-free airline. *We did that!*

We're there every time a friend, family member, loved one or neighbor receives CPR. *We did that!* We're there every time you're on a golf course, in a shopping mall or an airport that is ready to respond to cardiac emergencies with defibrillators. *We did that!* We're there when a woman realizes heart disease is her number one threat and decides to improve her health. *We did that!* We're there with a hospital implementing a process to improve cardiac patient outcomes. *We did that!* We're there when a stroke victim calls 9-1-1 and is taken to an appropriate hospital for proper care. *We did that!* We're there with you every time you, a loved one or friend has heart surgery, receives an artificial valve, a pacemaker or a cardiac stent. *We did that!*

We're there with you in your life — every day, every place you go.



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Stroke



STROKE BY THE NUMBERS

Every
40 seconds
someone
has a
stroke



55,000



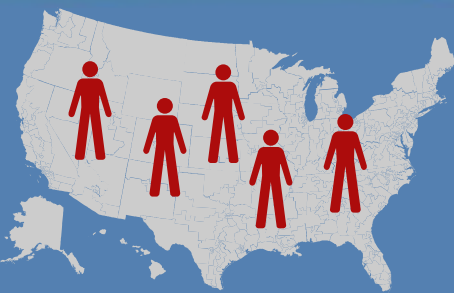
About 55,000 more
women than men
have a stroke each year



1 in 4 strokes
are in people
who have had a
previous stroke

#5

**Cause of
death in
the USA**



**80% OF ALL STROKES
CAN BE PREVENTED**

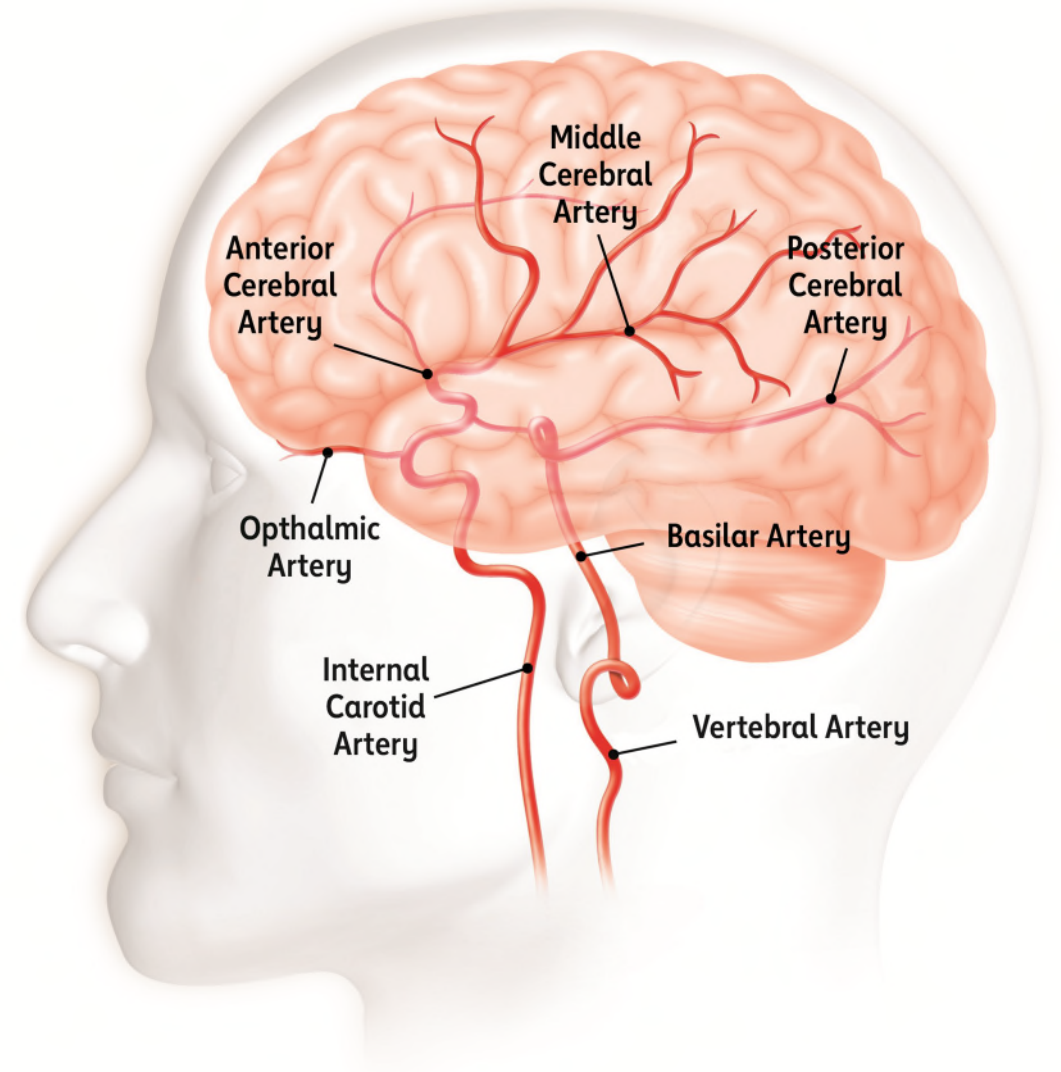


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A division of the American Heart Association.

Together to End Stroke®

- Stroke is a disease that affects the arteries of the brain.
- A stroke occurs when a blood vessel bringing blood to the brain gets blocked or ruptures (bursts).
- The affected part of the brain doesn't get the oxygen and nutrients it needs, causing brain cells to die.
- Brain injury from stroke can affect any of the following functions: ability to move, feel, think and behave.
- A stroke is a medical emergency. Immediate treatment may minimize the long-term effects of a stroke and even prevent death.

What is a Stroke?





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How to Recognize a Stroke

Use the letters B.E. F.A.S.T. to help spot a stroke:

B

Balance loss

Ask the person to walk. Do they have sudden trouble walking or feel suddenly dizzy?

E

Eye (vision) changes

Ask the person to describe their vision. Is there sudden blurred, double or loss of vision?

F

Face drooping

Ask the person to smile. Does one side of the face droop, or is it numb?

A

Arm weakness

Ask the person to raise both arms. Is one arm weak or numb, or does one arm drift downward?

S

Speech difficulty

Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T

Time to call 911

If you observe any of these signs, call 911 immediately!



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Act Quickly

If you experience one or more of these symptoms or notice them in someone else, even for a short time, call 911 immediately.

- Medical options may reduce the effects of stroke
- Time is of great importance, as treatment must be administered soon after the onset of symptoms
- Stroke strikes quickly. You should too!
- Why you must learn to recognize stroke symptoms — B.E. F.A.S.T.
 - To save lives
 - Easy to remember
 - Easy to teach
 - Requires quick action





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Stroke Risk Factors

Risk Factors that cannot be controlled:



Age:

While strokes can occur at any age, risk increases after age 55.



Gender:

Women have a lower risk than men before menopause, but more women than men die of stroke.



Family History:

Strokes appear to have a genetic link. You face a higher risk if an immediate family member has had a stroke.



Prior Stroke or Transient Ischemic Attack (TIA)

- A person who's had TIA has a one in three more likelihood of having a stroke than someone of the same age and sex who hasn't.
- If you had a stroke, it means you are at a greater risk for another stroke. Almost 1 in 4 will experience a recurrent stroke in the next 5 years.



Race and Ethnicity:

Black people have a higher prevalence of stroke and a higher death rate from stroke than any other racial group.



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Stroke Risk Factors

Medical Risk Factors



High Blood Pressure:

Measurement of 120/80 mm Hg and above is considered high blood pressure. You need to work with your health care professional to manage your blood pressure. Talk to your doctor as your number may be different for someone over 65.



Diabetes:

Having diabetes more than doubles your risk of stroke. High blood glucose increases plaque buildup and damage in your arteries.



Cholesterol:

Buildup of fatty deposits and other cells in artery walls.



Circulation Problems:

Strokes can be caused by blockage in your arteries and veins that carry blood through your heart to your brain.



Atrial Fibrillation (AFib):

AFib increases stroke risk fivefold.



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Cardiovascular Disease



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Heart Attacks

Quick Facts

- A heart attack occurs when blood flow to the heart muscle is reduced or blocked.
- The amount of damage and recovery time depends on the area supplied by the blocked artery and the time to treatment.
- Surgeries and cardiac rehabilitation may be needed to help with recovery.
- Lifestyle changes and medications can help prevent another heart attack.

Heart Attack Facts



Someone has a heart attack about every 40 seconds.



About 1,000 people die of heart disease every day.



Only 1 in 10 people survive cardiac arrest outside a hospital.



Immediate CPR can double or triple survival rates.



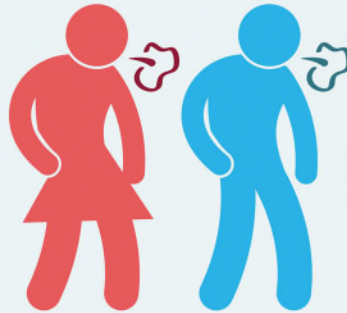
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Signs of Heart Attack

MOST COMMON...



Chest pain



Shortness of
breath



Discomfort or
tingling in arms,
back, neck,
shoulder or jaw

WOMEN MAY ALSO REPORT...

KNOW THE SIGNS

Heartburn-like
feeling



Unusual
tiredness



Sudden
dizziness



Nausea or
vomiting



Cold
sweat



LEARN CPR

For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public.

Hands-Only CPR has two easy steps, done in this order:



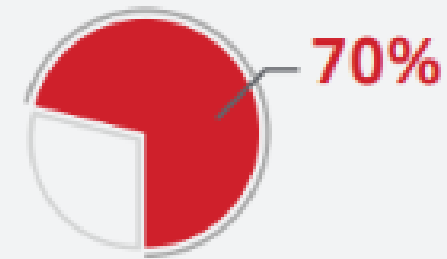
Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a song that has 100 to 120 beats per minute.

♥ Be the Difference for Someone You Love

If you provide CPR, you will likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



About **70 percent** of out-of-hospital cardiac arrests happen in homes.



Fewer than 40% of people who have an out-of-hospital cardiac arrest get the urgent help they need before professional help arrives



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Prevention

Life's Essential 8™

Life's Essential 8 is your checklist or lifelong good health. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems.

1. **Eat Better:** Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in non-tropical oils such as olive and canola.
2. **Be More Active:** Adults should get 2 ½ hours of moderate or 75 minutes of vigorous physical activity per week.
3. **Quit Tobacco:** Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S.



Life's Essential 8™

4. **Get Healthy Sleep:** Most adults need 7-9 hours of sleep each night. Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases.
5. **Manage Weight:** Achieving and maintaining a healthy weight has many benefits. Losing as little as 5 to 10 pounds can make a significant difference in your risk for stroke or heart disease.
6. **Control Cholesterol:** High levels of LDL – or “bad” – cholesterol can lead to heart disease. Large amounts of cholesterol in the blood can build up and cause blood clots, leading to a stroke.



Life's Essential 8™

7. **Manage Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
8. **Manage Blood Pressure:** Level less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139/80-89 mm Hg. High blood pressure, or hypertension, is a leading cause of stroke and the most significant controllable risk factor.



READY TO MAKE AN **IMPACT!**



Stacy Harper
2026 Kansas City
LEADERS OF IMPACT NOMINEE



American Heart Association®
Leaders of Impact™

Kicks off **September 17th**





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Thank you!

www.heart.org