

# STROKE—Preventable, Treatable, Beatable

Americans paid about **\$73.7 billion** in 2010 for stroke-related medical costs and disability

On average **every 4 minutes** someone dies of stroke

A leading cause of long-term **disability** among adults in the U.S.

**#4 cause of death** among adults in the U.S.

**Kills 128,000** people a year. That's about one of every 19 deaths

Every **40 seconds** someone has a stroke

About **795,000** Americans each year suffer a new or recurrent stroke

About **40%** of stroke deaths occur in **males**  
About **60%** of stroke deaths occur in **females**

**80%** can be prevented

## PREVENTION

Lowering your systolic by 20 mmHg and lowering your diastolic blood pressure by 10 mmHg may **decrease your risk of stroke** and ischemic heart disease **by about 50%**

The **American Heart Association** recommends a **daily limit** of **1500 mg of sodium.**

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**Together to End Stroke™**