

Stroke Awareness Quiz

Q. Stroke only affects older males.

A. False - Stroke can affect anyone, regardless of age, race or gender.

Q. All hospital stroke centers have the same capabilities to treat stroke.

A. False - Studies suggest that certified stroke centers, like the MetroHealth Stroke Center, improve patient outcomes because they offer comprehensive care that begins in the emergency department and continues throughout the entire hospital stay. Learn more about stroke centers.

Q. With some exceptions such as aging, gender, and heredity, stroke is largely preventable.

A. True - There are many risk factors for stroke that you can control, including your cholesterol level and blood pressure and if you smoke, among others. Learn more about the risk factors of stroke.

Q. Treating stroke as soon as possible lowers the risk of disability and even death.

A. True - Call 911 immediately after recognizing the warning signs of stroke so that the patient can be treated quickly. Time lost is brain lost. Learn more about symptoms of stroke.

Q. The most common form of stroke is a hemorrhagic stroke, which occurs when a weakened blood vessel ruptures or breaks, leaking blood into the brain.

A. False - Ischemic stroke is the most common type of stroke, accounting for 80% of all cases. This type occurs when a blood vessel in the brain becomes narrowed or clogged, cutting off flow to brain cells. Learn more about the different types of stroke.

Q. High blood pressure is the single most important risk factor for stroke.

A. True - It is extremely important that you follow up with your doctor to control your blood pressure and that you monitor it regularly.

Q. If you think someone is having a stroke, you should ask them to smile, raise both arms, and to repeat a simple sentence.

A. True - Use the acronym FAST to remember the warning signs of stroke and call 911 quickly after recognizing them:

- 1.) Face: Ask the person to smile. Does one side of the face droop?
- 2.) Arms: Ask the person to raise both arms. Does one arm drift downward?
Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- 3.) Time: If you observe any of these signs, call 911 immediately.