



## A MINUTE OF HEALTH WITH CDC

### *Stopping Strokes*

*World Stroke Day — October 29, 2009*

Recorded: October 27, 2009; posted: October 29, 2009

*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Strokes are a serious condition that are usually caused by a blockage in an artery that carries blood to the brain. Nearly 800,000 strokes occur in the U.S. each year, and it's the third leading cause of death among Americans. Symptoms of a stroke include sudden weakness or numbness of the face, arms, or legs; sudden loss of vision or speech; and sudden severe headache. If you think you might be having a stroke, seek help immediately, since early treatment can diminish the chances of disabilities. But more importantly, take steps to prevent stroke, including controlling blood pressure and diabetes, avoiding tobacco and excessive alcohol use, and eating a healthy diet low in sodium and saturated fats.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.