

## Debunking the Myths of Stroke

### *May is National Stroke Awareness Month*

**Orlando, Fla. (May 6, 2015)** — A stroke or transient ischemic attack (TIA), also referred to as a “mini-stroke,” occurs when a blood vessel feeding the brain gets clogged or bursts. Neither that part of the brain nor the part of the body it controls can then function properly. In honor of **National Stroke Awareness Month**, the [Bcenter](#) (also known as Global Stroke Resource), an international stroke-focused nonprofit based in Central Florida, is addressing common stroke misconceptions and urging individuals to take preventative and restorative action.

**Myth:** Strokes are rare.

**Reality:** Stroke is the **leading cause of adult disability** in the U.S. and Europe, and it is the second leading cause of death worldwide (fourth in the U.S.). In fact, every two seconds, someone in the world suffers a stroke. Sadly, **stroke remains the #3 cause of death for American women** and the #5 cause of death for American men; therefore, it is the #4 overall cause of death in the U.S.

**Myth:** Stroke happens in the heart.

**Reality:** Like heart disease, [stroke](#) is a cardiovascular disease; however, it affects the arteries leading to and within the brain — and is, thus, also referred to as a **“brain attack.”**

**Myth:** Stroke is unpreventable.

**Reality:** Approximately 80% of all strokes can be prevented with the lifesaving knowledge of risk factors and symptoms, paired with proper lifestyle choices.

**Myth:** A severe headache is the sole symptom of a stroke.

**Reality:** Headache is the most common symptom, but one may also experience slurred speech, numbness or weakness (especially on one side of the body), confusion, dizziness or blurred vision.

**Myth:** Stroke cannot be treated.

**Reality:** Stroke is a 9-1-1 emergency, but not a death sentence. Urgent treatments can include clot-busting medication, surgical interventions and more. Stroke survivors can survive and thrive!

**Myth:** Stroke only strikes the elderly.

**Reality:** Stroke can happen to anyone including children and babies in utero; though age, heredity, race and gender can increase one’s risk. For example, incidence is higher among African Americans than Caucasians, in part because African Americans have a higher risk of elevated blood pressure, diabetes and obesity. **More women than men die of a stroke annually — women are 2.5 times more likely to have a stroke than breast cancer.** Unfortunately, **the number of strokes among young and middle-aged Americans is rising dramatically**, a sign that the obesity epidemic may be starting to shift the age burden of cardiovascular disease.

**Myth:** Stroke recovery and rehabilitation only lasts for a few months.

**Reality:** Stroke recovery is a continual journey filled with opportunities to heal through conventional and holistic treatments, optimism and patience. Bottom-line: Never give up! Visit [Bcenter.org](#), an online hub providing resources, hope and direction to stroke survivors and their families, or call (888) 942-Bwell (9533) to learn [F.A.S.T.](#), an acronym to recognize stroke warning signs, and other prevention tools.

*[Data](#), in part, gathered from the American Heart Association/American Stroke Association, Centers for Disease Control and Prevention, National Stroke Association, World Stroke Organization and Stroke Awareness Foundation.*

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**About Bcenter:** Bcenter, a division of its parent company Global Stroke Resource Inc., is a 501(c)(3) nonprofit organization with a mission to empower, educate and light the path to recovery for stroke survivors and families. Bcenter is dedicated to providing treatment resources, hope and direction. Founder Valerie Greene personally overcame grim odds in the aftermath of two debilitating strokes that nearly took her life at just 31 years old. Acknowledging that her miraculous survival and recovery could impact others afflicted by stroke or any disability, Greene crusaded for years to support healthcare advocacy, programs and education, and now serves as a stroke coach. Visit [Bcenter.org](#) or call (888) 942-Bwell (9355).

**Access Bcenter’s media kit, images and logo:** <http://bit.ly/110Hb7M>. **Access Bcenter’s resources & facts:** <http://bit.ly/1FzX0R3>