Stop Stroke at Any Age

You may think you’re too young to have a stroke—but stroke can strike at any age. In fact, about 1 in 7 strokes occur in adolescents and young adults, ages 15 to 49. Stroke is preventable and treatable. Learn to recognize the signs and symptoms of stroke, and call 9-1-1 right away if you think someone might be having a stroke. The sooner you get treatment, the better your chances of recovery.

The conditions below raise your risk for stroke at any age.

- Obesity
- High blood pressure
- Diabetes

Stroke is Preventable
You can take steps to control your risk by making simple changes in your lifestyle.

- Check your blood pressure
- Stop smoking
- Stay physically active
- Eat healthy
- Lose weight

Stroke is Treatable
Stroke is treatable, but the most effective stroke treatments are only available if you recognize the symptoms of stroke and get to the hospital in time to receive medical help. For some types of stroke, there is a 3-hour window during which a patient can be given a clot-busting drug (called tPA) which provides the best chances of recovering from a stroke.

Signs and Symptoms
Stroke signs and symptoms include the following.

- Sudden numbness—especially on one side of the body
- Confusion
- Trouble seeing or walking
- Severe headache

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