

Backgrounder: Facts on Stroke

- Stroke is the No. 1 cause of adult disability in Canada and the third leading cause of death
- Stroke can affect anyone regardless of age, gender, ethnicity or socio-economic status. Approximately 300,000 Canadian are living with the effects of stroke.
- A stroke is a brain attack. It occurs when a blood clot interrupts the blood flow to the brain, or when a blood vessel ruptures. Cells in and around the stroke site become damaged and begin to die. Part of the brain stops working as a result.
- Fifty thousand Canadians experience a stroke every year – one person in every 10 minutes – the incidence is increasing with Canada's aging population.
- One in five people who survive a stroke are at risk of another stroke or a heart attack within two years.
- After age 55, their risk of stroke double every 10 years.
- Fewer than 50% of stroke survivors return to work, leaving families with caregiving responsibilities and the additional burden of lost income.
- In adults, stroke is associated with risk factors such as smoking and high blood pressure.

- Source: Canadian Stroke Network