

American Heart Association (AHA):

The AHA provides comprehensive programs like Target: Stroke, which improves timely treatment for ischemic strokes.

They also support public education on recognizing stroke symptoms, such as sudden numbness, confusion, trouble speaking,

or severe headache. The association advocates for increased funding for awareness and research into cardiovascular diseases

and stroke prevention strategies. Learn more at <https://www.heart.org>.

Centers for Disease Control and Prevention (CDC):

CDC initiatives such as the Million Hearts Program focus on reducing risk factors through improved blood pressure management,

cholesterol control, and smoking cessation. The WISEWOMAN program helps low-income, uninsured women understand and mitigate

their risks. The CDC also provides resources for managing high blood pressure and promoting heart-healthy habits.

Explore CDC resources at <https://www.cdc.gov>.

Million Hearts Campaign:

This initiative aims to prevent a million heart attacks and strokes through lifestyle changes and medical interventions,

targeting individuals aged 35-64. They emphasize the ABCS of prevention: Aspirin use, Blood pressure control,

Cholesterol management, and Smoking cessation. Visit Million Hearts at

<https://millionhearts.hhs.gov>.

### Prevention Strategies:

Incorporating regular physical activity, a diet rich in fiber, and avoiding tobacco are critical. Research shows that

physical inactivity contributes significantly to the stroke burden in high-income countries like the U.S.

A high-fiber diet,

providing at least 25-29 grams daily, can lower stroke risk by up to 22%.

### Treatment and Emergency Response:

Advancements like clot-dissolving drugs (tPA) and endovascular thrombectomy are improving outcomes for stroke patients.

Prompt recognition and hospital arrival remain vital for effective treatment.