

# GET AHEAD OF STROKE

Every 40 seconds, a person has a stroke.<sup>1</sup> The right treatment can mean the difference between life and death. Help us help them #survivestroke.

[www.getaheadofstroke.org](http://www.getaheadofstroke.org)



## THE GOOD NEWS?

Almost everyone in the U.S. is within an hour of a neurointerventionalist, a specially trained physician who can perform endovascular treatment — a type of stroke surgery that removes blood clots from a blocked artery.<sup>2</sup>

## THE CHALLENGE?

Most stroke care systems haven't caught up with improvements in treating stroke, and they are not as well coordinated as they need to be. In fact, less than 10 percent of ischemic stroke patients are treated through stroke surgery.<sup>3</sup>



Nearly 2 million brain cells die *each minute* a stroke goes untreated.<sup>4</sup> Some people who experience a stroke die; others are permanently disabled. For the best possible outcome, a stroke victim needs to receive stroke surgery **within 6 hours**.<sup>5</sup>

## IT'S TIME FOR BIG CHANGE.

Policies and regulations that guide stroke treatment vary widely by state. To ensure patients with emergent large vessel occlusion (ELVO) get to a stroke center and endovascular treatment — no matter where they live — the Get Ahead of Stroke campaign is working to:

- Educate first responders about uniform stroke triage and enact legislative change in all 50 states requiring EMS to bring ischemic stroke patients with ELVO to neurointerventional-ready hospitals with 24/7/365 coverage.
- Build capacity in hospitals to establish truly comprehensive stroke centers equipped with the proper technology, devices, and qualified medical personnel, as well as an understanding of the optimal treatment protocol.
- Ensure that neurointerventional-ready hospitals have qualified doctors on staff and on call to conduct the appropriate procedures.

Why are we doing this? To make it possible for 65,000 more people to survive stroke every year.



Stroke is a leading cause of death and long-term disability in the United States.<sup>6</sup>



Stroke kills almost **130,000** people in the United States each year.<sup>7</sup>



More than **795,000** people in the United States have a stroke every year.<sup>8</sup>



Recent studies report a significant increase in rates of ischemic stroke in **people ages 15 – 30 years** from 1994 to 2012.<sup>14</sup>

## STROKE SURGERY SAVES AND RESTORES LIVES.

The vast majority of strokes — 87 percent — are *ischemic strokes*, caused by a blood clot in the brain.<sup>9</sup> Rapid access to stroke surgery (endovascular treatment) is the best path to recovery for patients who have suffered an ischemic stroke caused by ELVO. Patients who receive stroke surgery increase their life expectancy by 5 years more than patients who do not receive this specialized treatment.<sup>10</sup>

## STROKE SURGERY SAVES MONEY.

The 795,000 strokes per year experienced by Americans cost about \$34 billion, including health services and missed days of work.<sup>11</sup> Endovascular treatment for strokes makes the most financial sense.<sup>12</sup>

Over their lifetime, stroke patients can save up to \$23,000 when they receive this kind of treatment. What's more, on average, patient stays in hospitals will shorten by 4 days.<sup>13</sup>

## REFERENCES

- <sup>1</sup> American Stroke Association. Retrieved from [http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month\\_UCM\\_459942\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp)
- <sup>2</sup> Rai, A. T. (2016). The Stroke Interventionalist, *Journal of NeuroInterventional Surgery*, 8(4), p. 333-334.
- <sup>3</sup> Meyers, P. M., Schumacher, C. H., Connolly Jr., E. S., Heyer, E. J., Gray, W. A., & Higashida, R. T. (2011). Circulation, 123, 2591-2601. doi: 10.1161/CIRCULATIONAHA.110.971564.
- <sup>4</sup> American Stroke Association. Retrieved from [http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month\\_UCM\\_459942\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp)
- <sup>5</sup> American Stroke Association. Retrieved from [http://www.strokeassociation.org/STROKEORG/AboutStroke/Treatment/Stroke-Treatments\\_UCM\\_310892\\_Article.jsp#quicktreatment](http://www.strokeassociation.org/STROKEORG/AboutStroke/Treatment/Stroke-Treatments_UCM_310892_Article.jsp#quicktreatment)
- <sup>6</sup> American Stroke Association. Retrieved from [http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month\\_UCM\\_459942\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp)
- <sup>7</sup> Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/stroke/facts.htm>
- <sup>8</sup> Ibid.
- <sup>9</sup> American Stroke Association. Retrieved from [http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/IschemicClots/Ischemic-Stroke-Clots\\_UCM\\_310939\\_Article.jsp#VzXybsci6yI](http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/IschemicClots/Ischemic-Stroke-Clots_UCM_310939_Article.jsp#VzXybsci6yI)
- <sup>10</sup> Moussavi, M. et al. (Feb. 16–19, 2016). Poster WMP12. Presented at International Stroke Conference, Los Angeles.
- <sup>11</sup> Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/stroke/facts.htm>
- <sup>12</sup> Turk, A. S., et al. (2015). Comparison of endovascular treatment approaches for acute ischemic stroke: cost effectiveness, technical success, and clinical outcomes, *Journal of NeuroInterventional Surgery*, 7, 666-670.
- <sup>13</sup> Barber, P. A., et al. (2015). Endovascular clot retrieval for acute ischaemic stroke: The Auckland City Hospital experience. *New Zealand Journal of Medicine*, 128(1423).
- <sup>14</sup> Tibæk, M., Dehlendorff, C., Jørgensen, H. S., Forchhammer, H. B., Johnsen, S. P., & Kammersgaard, L. P. (May 11, 2016). Increasing incidence of hospitalization for stroke and transient ischemic attack in young adults: A registry-based study. *Journal of the American Heart Association*. Retrieved from <http://jaha.ahajournals.org/content/5/5/e003158.full.pdf+html?sid=06d8f744-2acf-4053-ab44-dbe8b62bc20f>

## ABOUT THE CAMPAIGN

“Get Ahead of Stroke” is a national public education and advocacy campaign designed to improve systems of care for stroke patients. An initiative of the Society of NeuroInterventional Surgery (SNIS), the campaign’s goal is to secure the best possible outcomes for stroke patients by driving policy change and public awareness nationwide.

**JOIN US IN BUILDING A SYSTEM OF CARE THAT ALLOWS EVERYONE ACCESS TO THE BEST TREATMENT FOR STROKE. PLEDGE YOUR SUPPORT AT [WWW.GETAHEADOFSTROKE.ORG](http://WWW.GETAHEADOFSTROKE.ORG).**