

# Stroke Resource Kit

Stroke Recovery Initiative



A **stroke** occurs when a blood vessel in the brain becomes blocked or bursts. Strokes typically occur without warning. High blood pressure, cardiovascular disease, cigarette smoking, and diabetes are common risk factors.

## An unfulfilled need

Approximately **6.5 million Americans are living with a stroke-related disability** and the consequences of a stroke can affect all aspects of an individual's life. This can include relationships with family and friends, as well as the ability to work or be employed, do household tasks, drive, and/or participate in other activities of daily living.

## Stroke contributes to:

**795,000**  
Diagnoses/year

**\$33 billion**  
Cost/year

**130,000**  
Deaths/year

Statistics from CDC - National Center for Health Statistics for - Homepage: <http://www.cdc.gov/stroke/facts.htm>

## Why Stroke research matters

Stroke is the fifth leading cause of death and the leading cause of disability in the United States. Stroke reduces mobility to **more than half of stroke survivors age 65 and over**. A stroke may lead to a wide range of short or long-term issues including:

- Cognitive function (e.g., attention, memory, understanding speech)
- Motor function (e.g., extremity weakness, impaired coordination and balance, forming speech)
- Sensation (e.g., hearing sensitivity, vision changes, impaired perception, touch)
- Emotion (e.g., depression, anxiety, impulse control, aggression, personality changes)

# About the Stroke Recovery Initiative

The goal of UCSF Stroke Recovery Initiative is to help people who have had a stroke connect with researchers who are applying the latest science and technology to test new treatments for stroke recovery. To sign up for the Stroke Recovery Initiative, take the **Survey**.



## How do I sign up for the Stroke Recovery Initiative?

Your first step will be submitting the Survey at [strokerecoveryinitiative.ucsf.edu](http://strokerecoveryinitiative.ucsf.edu).

## Who is eligible for the Initiative?

You may enroll in the Stroke Recovery Initiative if you:

- Are age 18 or older
- Have suffered a stroke
- Have ongoing symptoms as a result of the stroke

## Can I fill out the Survey on behalf of someone else?

To be eligible for the Stroke Recovery Initiative, the individual must be at least 18 years old and be able to give consent to be contacted. You cannot consent or take the survey on behalf of someone else without their knowledge. You can, however, be there to help complete the survey.

## Where can I learn more about improving quality of life after a stroke?

We encourage you to talk to your doctor or other healthcare provider about any medical questions. Here are some additional stroke resources to review:

**American Stroke Association:** [www.strokeassociation.org](http://www.strokeassociation.org)

**NIH StrokeNet:** [www.nihstrokenet.org](http://www.nihstrokenet.org)

**National Stroke Association:** [www.stroke.org](http://www.stroke.org)

Note: These links are provided for informational use only and their inclusion does not imply any endorsement of this registry by these organizations or by UCSF.

## Questions? Contact Us

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