**EFFECTS OF STROKE**

**www.stroke.org/effects**

**STROKE IN THE UNITED STATES**

Stroke is a leading cause of serious, long-term disability in the United States.

**COGNITIVE/EMOTIONAL EFFECTS**

- **MEMORY PROBLEMS**: Can lead to confusion, getting lost in familiar places and difficulty following instructions.
- **PSEUDOBULBAR AFFECT**: Sudden and uncontrollable episodes of crying or laughing.
- **DEPRESSION**: About 1/3 of stroke survivors experience post-stroke depression.
- **APHASIA**: Impairs a person’s ability to use and comprehend language.

**PHYSICAL EFFECTS**

- **VISION**: Vision issues can lead to balance and posture problems, disorientation, trouble focusing or a reduced blink rate.
- **SLEEP**: Sleep-related breathing disorders, changing sleep patterns and insomnia can develop.

- **74%** of stroke survivors face some form of PAIN.
- **80%** of stroke survivors experience HEMIPARESIS, or one-sided weakness.
- **70%** of stroke survivors have increased FATIGUE.

- **40-60 PERCENT** of stroke survivors develop the lack of ability to control bladder/bowel movements.

- **DYSPHAGIA**: Paralysis of the throat muscles that can disrupt the swallowing process.
- **SPASTICITY**: Muscles become tight and stiff, making movement difficult or uncontrollable.
- **FOOT DROP**: Foot doesn’t lift correctly when walking, result of nerve damage.

**QUALITY OF LIFE EFFECTS**

- **FINANCIAL**: 80% of people affected by stroke who are worried about their financial future.
- **DRIVING**: Many stroke survivors lose their ability to drive.
- **SAFETY**: Injuries from falls are among the most common post-stroke complications.

**PEDIATRIC STROKE**

Teenagers, children, newborns and unborn babies can have strokes too. Some effects of stroke more common in pediatric stroke survivors are:

- **SEIZURES**
- **EPILEPSY**
- **CEREBRAL PALSY**

Learn more at [www.stroke.org/pedstroke](http://www.stroke.org/pedstroke)