



World Stroke Day

World Stroke Day is held on 29th October each year.

The annual event was started in 2006 by World Stroke Organization (WSO). In 2010, we declared stroke a public health emergency. World Stroke Day is an opportunity to raise awareness of the serious nature and high rates of stroke, talk about prevention and treatment and ensure better care and support for survivors.

Campaign objective is to raise awareness that stroke is the leading cause of disability worldwide and each year over 12 million people have strokes. In Canada, we will see one stroke every 5 minutes.

One in four of us will have a stroke in our lifetime. And 90% of those strokes could be prevented by addressing a small number of risk factors including high blood pressure (hypertension), irregular heartbeat (atrial fibrillation), smoking, diet and exercise.

This year we are mobilizing the global stroke community to raise awareness and drive action on stroke prevention.

Click these links to learn more about stroke and the following preventable risk factors.

[Hypertension](#)

[Smoking](#)

[Diet](#)

[Exercise](#)

Visit www.nwestroke.ca for more information

