

Research supported by the NIH has helped reduce the chance that Americans will have a stroke, and dramatically improve their odds of recovering if they do. But stroke remains a leading cause of disability and death in the U.S. and new solutions are still badly needed.

Stroke is a disease that effects the arteries leading to the brain.

Stroke is a leading cause of disability and the **5th leading cause of death** in the U.S.



In 2021, stroke accounted for about **1 of every 21 deaths** in the U.S.



Every 40 seconds someone has a stroke and **every 3 minutes and 11 seconds** someone dies of stroke.



Stroke costs the U.S. **\$56 billion each year** in direct and indirect costs.

The leading causes of stroke are high blood pressure, high cholesterol, smoking, obesity, and diabetes - **1 in 3 American adults have at least one of these habits or conditions.**



NIH scientists are developing new and better **ways to help the brain repair itself after stroke.** New advances in **brain imaging and rehabilitation** have shown that the brain can compensate for function lost as a result of stroke.

NIH-funded research aims to:

- Study the mechanisms of known stroke risk factors, such as high blood pressure
- Search for harder-to-detect risk factors, such as individual genetic variations
- Understand the process of brain damage that results from stroke
- Discover ways to protect brain cells from the effects of blood deprivation

There are two major kinds of stroke. Nearly 80% of strokes are **ischemic strokes**, while the other 20% are categorized as **hemorrhagic strokes.**

Sources: 1. American Heart Association. (2024). Retrieved from https://www.heart.org/-/media/PHD-Files-2/Science-News/2/2024-Heart-and-Stroke-Stat-Update/2024-Statistics-At-A-Glance-final_2024.pdf?sc_lang=en; 2. American Stroke Association. (2024). Retrieved from <https://www.stroke.org/en/about-stroke#:~:text=Stroke%20is%20a%20disease%20that,or%20bursts%20or%20ruptures>; 3. Centers for Disease Control and Prevention. (2024). Retrieved from https://www.cdc.gov/stroke/data-research/facts-stats/2CDC_AAref_Val=https://www.cdc.gov/stroke/facts.htm; 4. National Institutes of Health. (2023). Retrieved from <https://www.nih.gov/about-nih/what-we-do/impact-nih-research/our-health>; 5. National Institute of Neurological Disorders and Stroke. (2024). Retrieved from <https://www.ninds.nih.gov/health-information/stroke/stroke-overview>

The outlook for stroke patients, and those at risk, has improved considerably. But we cannot claim victory over stroke until the most vulnerable among us are able to benefit from scientific advances. Reliable funding for NIH can help reduce death rates and improve treatment.