

Stroke

A stroke, sometimes called a brain attack, occurs when:¹

- Something blocks blood supply to part of the brain, **or**
- A blood vessel in the brain bursts

In either case, parts of the brain become damaged or die. A stroke can cause:

- Brain damage
- Long-term disability
- Death

While anyone can have a stroke at any age, **the older you are, the higher your risk of stroke.** The best way to protect yourself and your loved ones from a stroke is to understand your risk and how to control it.

While you can't control your age or family history, you can take steps to lower your chances of having a Stroke.

Humana
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Understanding Stroke

To understand stroke, it helps to understand the brain. The brain:

- Controls many functions of the body, like breathing or digestion
- Controls our movements
- Stores our memories
- Is the source of our thoughts, emotions, and language

To work properly, your brain needs oxygen. Although your brain makes up only 2% of your body weight, it uses 20% of the oxygen you breathe. Your arteries deliver oxygen-rich blood to all parts of your brain.

What happens during a stroke

If something happens to block the flow of blood, brain cells start to die **within minutes** because they can't get oxygen. This causes a stroke.

There are 2 types of Stroke:

- An **Ischemic stroke** occurs when blood clots or other particles block the blood vessels to the brain. Fatty deposits called plaque can also cause blockages by building up in the blood vessels.
- A **Hemorrhagic stroke** occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue.

Both types of stroke damage brain cells. Symptoms of that damage start to show in the parts of the body controlled by those brain cells.

Prevention

According to the Centers for Disease Control and Prevention, 80% of strokes are preventable. To help decrease your risk of stroke:

- Do not smoke
- Have a healthy diet
 - Choose health meal and snack options
 - Eat plenty of fresh fruits and vegetables

- Eat food low in saturated fats, trans fat, and cholesterol
- Eat food high in fiber
- Limit salt

- Have and maintain a healthy weight
- Limit your alcohol intake
- Spend at least 2.5 hours a week (or 1 hour a week for children and teens) doing some type of moderate-intensity aerobic physical activity (e.g., brisk walk) every week

Control medical conditions

You can take steps to lower your risk of stroke if you have:

- Diabetes
- Heart disease
- High blood pressure
- High cholesterol

Talk to your doctor about the right way to manage your health condition(s) to lower your risk of stroke.

Quick treatment is critical

A Stroke is a serious medical condition that requires emergency care. Call **911** right away if you or someone you are with shows any signs of a Stroke. Time lost is brain lost. Every minute counts.

Source

1. "Stroke," Centers for Disease Control and Prevention, last accessed October 20, 2021, <https://www.cdc.gov/stroke>.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

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Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **800-480-1825** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons is a Medicaid Product offered by affiliates of Humana Inc.

Language assistance services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Diné Bizaad (Navajo): Wódaḥí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé nika'adoowol.

تبرعلا اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.
ةبيرعلا (Arabic)