

Mayo Clinic Minute

What African-Americans Should Know About Stroke

Video	Audio
	Everyone is at risk of stroke. But minorities are at greatest risk.
Maisha Robinson, M.D. Neurology Mayo Clinic	“We don’t understand exactly all the reasons behind this, but what we know is that the similar risk factors for stroke, which are apparent in the entire population, are more common, particularly in African-Americans.”
	Mayo Clinic neurologist Dr. Maisha Robinson says African-Americans are not only at increased risk of having a stroke, but they’re also at increased risk of being debilitated by or dying from a stroke.
Maisha Robinson, M.D.	“Knowing your numbers, being able to assess the situation and then addressing the situation with regard to blood pressure, cholesterol, diabetes, weight, diet is very important, especially in that population.”
	Stroke is a medical emergency. Symptoms include difficulty speaking, paralysis or numbness in the face, arm or leg, difficulty seeing, difficulty walking or a sudden intense headache. Call 911. For the Mayo Clinic News Network, I’m DeeDee Stiepan.