

# National Stroke Week

Monday 3 to Sunday 9 September 2018

## How often do children have strokes?

Every year about two children in every 100,000 will have a stroke. Strokes can occur in all age groups – from newborns to older teenagers. Sometimes strokes occur in babies before they are born with an estimate of one newborn in every 2,300 – 5,000 having a stroke.

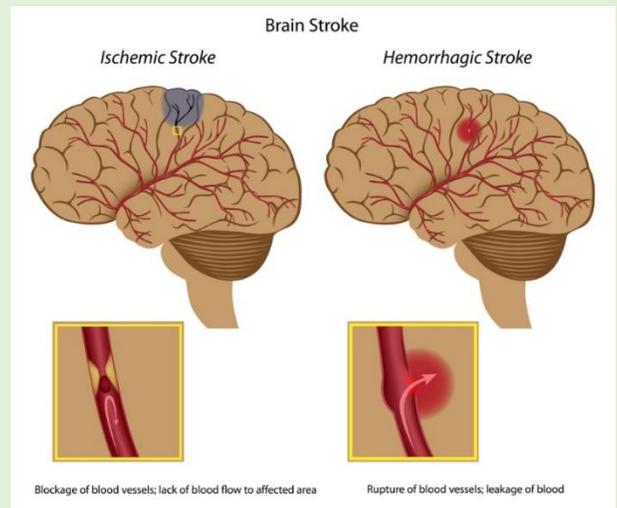


## What causes stroke in children?

The causes of childhood stroke are poorly understood with little published research. All strokes, regardless of age, are a result of disruption of blood going to or from the brain resulting in brain cells in the area dying and permanent damage potentially occurring. The reason for this disruption may be different for children and adults.

A number of medical conditions can increase the chance of a child having a stroke. These include:

- Some types of heart disease or heart surgery
- Abnormal or inflamed blood vessels in the brain
- Blood clotting problems
- Low blood count
- Central venous catheters
- Some types of cancer



- Recent major infections around ear sinuses or nose
- Some viral infections (for example research has shown that chickenpox may cause ischaemic stroke in children)
- Head injury
- Dehydration
- Prolonged low blood pressure
- Brain tumours
- Other conditions such as sickle cell disease and thalassaemia



About a quarter of all children who have had a stroke do not have any of these risk factors. It is unknown why these children have strokes. The cause of stroke in newborns is usually unknown.

Risk factors include pregnancy complications, difficulties at birth, blood clotting disorders and heart problems.



### **Facts on childhood stroke from [Childhood Stroke fact sheet \(PDF\)](#)**

- Stroke is among the top ten causes of death in childhood with the highest mortality in the first 12 months of life.
- The incidence (number of new cases per year) of stroke is around 2 per 100,000–population.
- Approximately one third of all cases occur in children less than one year of age.
- Stroke affects between 1 in 2,300–5,000 newborns.
- 50–85% of survivors of stroke will be left with long term problems which may include seizures, physical disability, speech or learning difficulties.
- 20–40% of children have recurrent strokes.



## Every step counts towards a healthy life.

This year, Stroke Foundation is encouraging Australians to discover how easy it is to fit healthy habits into their day and do their part to prevent stroke.

It's estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle. There are some risk factors for stroke which can't be prevented like age, family history and prior stroke. If you're male, your risk is also higher.



There are two ways to approach this: first by talking to your doctor and secondly by taking ownership of your own health.

Take charge of your own health:

- Eat well.
- Stay active.
- Be smoke free.
- Moderate alcohol intake.
- Visit your doctor for a health check to help manage blood pressure, type 2 diabetes and atrial fibrillation (irregular heart beat).





Read more about [stroke prevention](#)

Download [free resources](#) to support your Stroke Week event or activity.

**Recognise STROKE Think F.A.S.T.**



If you see any of these symptoms  
**Act FAST**  
call **000**

 <b>F</b> Has their <b>FACE</b> drooped?	 <b>A</b> Can they lift both <b>ARMS?</b>	 <b>S</b> Is their <b>SPEECH</b> slurred and do they understand you?	 <b>T</b> Call 000, <b>TIME</b> is critical
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For more information, please contact:

Stroke Foundation <https://strokefoundation.org.au>

Speak to a health professional

StrokeLine's health professionals provide information and advice on stroke treatment, prevention and recovery. Call StrokeLine on 1800 787 653 *9am – 5pm EST, Monday to Friday*



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