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## World Stroke Day 2009: What Can I Do?

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## World Stroke Day 2009 What Can I Do?

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Half of all premature deaths and disability (DALYs) in the world attributable to disease of the nervous system result from stroke.<sup>1</sup> This will only get worse<sup>2</sup> unless something is done about it.

### But What Can I Do?

The predisposing factors for stroke are well known but poorly controlled. A commitment to find out one's risk for stroke and to follow through on its management could cut the risk by one third for men, one half for women, and one half for ischemic stroke for both men and women.<sup>3</sup>

If I can identify and manage my stroke risk, it almost certainly will influence my family and friends for the better. Behavior is contagious.

I can be a role model, but I can also play other roles. If I am a health professional, I can commit to the premise that the important questions in stroke are those answers that matter most to patients and that everything I do can be improved. If I measure what I do, then implement a change and evaluate the results, I am doing research that matters to patients regardless of the medium or the method.<sup>4</sup>

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As a member of my community, I can encourage healthier lifestyles and help provide the physical and psychological environment that facilitates them.

As a voter, I can influence policy for the better.

As a volunteer, I can help individuals and communities.

As a donor, I can facilitate the work of others.

I can help in as many roles as my imagination, time, and resources allow.

A brochure on the World Stroke Day's theme, "What Can I Do?," is available online as well as examples of past and planned activities on the web site of the World Stroke Organization: [www.world-stroke.org](http://www.world-stroke.org).

World Stroke Day is a day designated for each of us to confirm our commitment to implement a World Stroke Agenda,<sup>5</sup> not just today, but everyday.

### Disclosures

None.

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