Global Diseases

[Name of the Writer]

[Name of the Institution]

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**Stroke**

Stroke is a disease that occurs when an artery in the brain leaks or blocked. This disease affects and causes brain cells especially the oxygen-deprived to start dying within seconds. The survivor of Stroke feels confusion and numbness or have trouble in seeing and walking. Stroke may lead to survivor’s death of it may lead to long terms disability if it has not been treated well.

**People Most Affected By Stroke**

Even every nation or people of every region have been affected by this critical disease. Stroke has affected more than a few million people in the world. according to (WHO, 2019), every year, around fifteen million people face the disease of Stroke in which almost 33% lose their lives while up to 35% of the survivors face long term disability. In the United States, more than 795,000 people have a stroke every year. In this figure, round about 61,000 are facing the first or new stroke while the remaining 185,000 individuals are those who have a previous stroke. This amount of affected people by the stroke include both males and females as well as young and old (Johnson, et.al, 2016).

**Risk Factors**

The major and highly critical risk factors of stroke include:

**High Blood Pressure:** High blood pressure is the most critical and major risk factor of the disease. In this case, BP is considered as high when at or above 140/90 mmHg over a period of time.

**Diabetes:** Diabetes is the second major risk factor of Stroke. It is a disease itself in which the level of blood sugar usually stays higher than normal (NIH, 2018).

**Heart Disease:** the most critical heart disease that leads to Stroke and is the risk factor of Stroke are *“Ischemic heart disease, cardiomyopathy, heart failure, and atrial fibrillation”.*

**Smoking:** Smoking is also a noticeable risk factor of Stroke due to which blood missiles are affected which further lead to high blood pressure and hence to Stroke problem.

**Age and Gender:** The possibility of occurrence of Stroke increase as you age increases (getting older) while the percentage of men having and surviving with Stroke is higher than of the women.

**Race,** **Ethnicity and Family History:** Race, ethnicity and family history are also some of the risk factors of Stroke because Stroke occurs mostly in African Americans, American Indians, and Alaska Natives than the white and Asian American adults (NIH, 2018). While if someone in your family has or had Stroke then you are a6t higher risk of Stoke than others whose family members do not survive with Stroke.

**Economic and Social Cost of Stroke**

Stroke does not only affect individuals and their lives while creates problems for the societies, communities and even for the entire humanity. It has a huge economic and social cost of both local and global levels.

The economic cost of Stroke on the global level in amounted for $290,208.10 million in the last year while it has also found huge in the States of America. In terms of social impacts, the social cost of Stroke is also noticeable. The social costs of Stroke have been figure out on a global level which is amounted for $1,700 million dollars (WHO, 2019). While in the United States, the economic cost of Stroke is $34 billion every year.

**Key Organizations and Institutions and Their Manner to Address Stroke**

The key organizations and Institutions who can and who do cooperate to address the Stroke disease are;

1. The American Heart Association
2. The American Stroke Association
3. National Stroke Association
4. Research Center for heart and Stroke Disease/National Coalition for Heart and Stroke Disease
5. Brain Foundation, Victoria, Australia
6. Heart and Stroke Foundation of Australia
7. Canada Stroke network
8. European Stroke Initiative
9. British Association of Stroke Physicians
10. The Stroke Foundation of New Zealand
11. American Association of Neurosciences Nurses
12. American Association of Neurological Nurses

All of the above-listed organizations and institutions cooperate in addressing Stroke through; 1) developing researches on its treatment and prevention, 2) establish different policies, 3) run stroke preventing campaigns, 4) develop strategies and recommendations for the establishment of stroke systems, and 5) bring and ensure enhancements in stroke system of care (Johnson, et.al, 2016).

**References**

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