



THE MORE YOU KNOW: A BRAIN AWARENESS TOOLKIT

Clear signs. Real stats. Life-saving information.

Brain aneurysms are often called silent killers because most people don't know they're at risk until it's too late. This toolkit equips everyday people with clear, life-saving facts about symptoms, risk factors, and warning signs that demand urgent attention.

Whether you're a student, parent, caregiver, or healthcare provider, awareness can change outcomes. Early detection saves lives.



KEY FACTS AT A GLANCE

- **1 in 50 people in the U.S. has an unruptured brain aneurysm**
- **Every 18 minutes, someone experiences a rupture**
- **Approximately 30,000 ruptures occur each year in the U.S.**
- **Ruptured brain aneurysms cause 500,000 deaths globally each year**
- **They account for 3 to 5% of all new strokes**
- **50% of ruptures occur with no prior warning signs**
- **The U.S. government spends only \$2.94 per person annually on brain aneurysm research**
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WARNING SIGNS OF A RUPTURE

- **Sudden, severe headache (often described as “the worst headache of my life”)**
- **Nausea or vomiting**
- **Blurred or double vision**
- **Seizure**
- **Loss of consciousness**
- **Stiff neck**
- **Confusion or trouble speaking**



RISK FACTORS

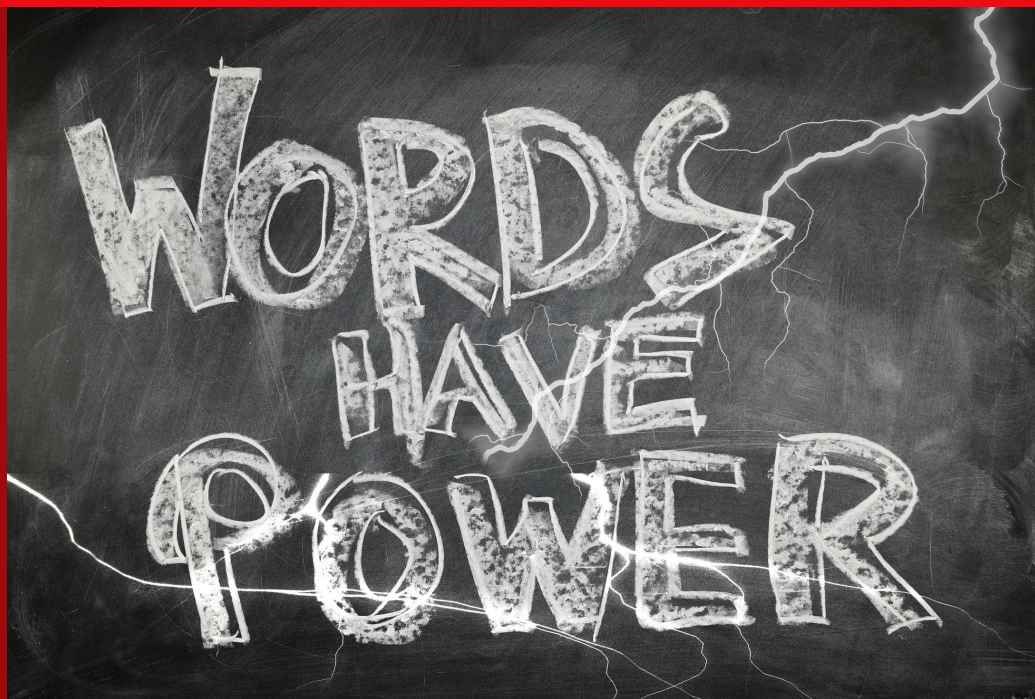
- **Family history of aneurysms**
- **High blood pressure**
- **Smoking**
- **Head trauma**
- **Drug use (especially cocaine)**
- **Female gender and age over 40**



WHY THIS MATTERS IN UNDERSERVED COMMUNITIES

Black and underserved communities are more likely to experience delayed detection and have less access to timely care. Without routine screenings or awareness campaigns, many people never know they are at risk until a rupture occurs.

LaLa Speaks Foundation believes education, access, and advocacy can close this gap and save lives. We are working to ensure that life-saving knowledge reaches every zip code.



HELP US SPREAD THE WORD

Brain aneurysm awareness can save lives — but only if it reaches the people who need it most.

Here's how you can help:

- Share this toolkit on social media and with your network
- Invite LaLa Speaks Foundation to your school, workplace, or event
- Donate to support our education and advocacy efforts

✉ hello@lalaspeaksfoundation.org

🌐 www.lalaspeaksfoundation.org

🧠 Together, we make brain health impossible to ignore.