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American Heart Association Newly Released Stroke Statistics and Guideline Recommendations

In January 2026 the American Heart Association (AHA) identified stroke as the fourth leading cause of death in the U.S. Currently one person out of three die from stroke. In 2023 stroke was the cause of 162,639 American deaths. The incidence of stroke death rate in young adults aged 25-34 increased by 8% from 2013-2023.

There was an increase in stroke death rates among the nations adults older than 85 years by 18%. Placing risk of stroke in the young and older adult. The increase in cardiac disease, diabetes, kidney and obesity is considered risks that have led to an increase in stroke death rates.

The AHA and American Stroke Association (ASA) released the [2026 Guideline for the Early Management of Patients with Acute Ischemic Stroke](#) on January 26th, replacing the 2018 edition. This revision includes updates on cutting-edge interventions, blood clot removal procedures and medications, easier imaging requirements – promoting standardization across hospital settings. The new recommendations include introduction and guidance for pediatric stroke for the first time.

The Multiple Chronic Conditions Resource Center offers FREE access to current clinical guidelines and resources to support the comprehensive care for the nation's largest patient population – those living with two or more chronic conditions.

Resource Center

RECENT PODCAST



PODCAST: *Determinants of Health in Rural Healthcare*

This Podcast highlights the rural healthcare center established by Northern Michigan University (NMU) and its impact on the rural population who reside in the upper peninsula of Michigan. Former Director **James K. Haveman** of the Michigan Department of Community Health under two Governors, and **Elise Bur** the Director of the Center discuss the evolution of the NMU Rural Healthcare Center and its impact on providing determinants of health to a unique patient population.

MORE PODCASTS



PODCAST: *Person Centered Care Planning for Persons with Multiple Chronic Conditions*

Arlene Bierman MD, MS, Agency for Healthcare Research and Quality, **Brittany Watson MD, MPH**, Wake Forest University School of Medicine, **Jane Pederson MD, MS**, Stratis Health – discuss the recent JAMA Online publication *Person-Centered Care Planning for People Living with or at Risk for Multiple Chronic Conditions*. Discussion includes federal initiatives focused on person-centered care planning and how clinicians, organizations and policy can empower the largest US patient population



PODCAST: *Redefining Palliative Care: From End-of-Life to Lifelong Quality*

In this powerful discussion, we explore how palliative care is being redefined from a focus on the end of life to an emphasis on living better throughout illness. Our guest shares how health entrepreneurs and practitioners are pioneering new models of supportive care that give

patients and their families dignity, resilience, and quality of life first.



PODCAST: *Using the 4 M's in Person-Centered Care Planning for Persons with Multiple Chronic Conditions Patient*

Dr. Cheryl Phillips MD, AGSF, Senior Program Consultant The John A Hartford Foundation

To learn more about the CMS age-friendly care measure:
<https://241684.fs1.hubspotusercontent-na1.net/hubfs/241684/Age-Friendly/Resources/CMS%20measure%20overview%202024%2010%2004.pdf>



PODCAST: *A Paradigm Shift: Integrating Palliative Symptom Management in Multiple Chronic Conditions*

Eduardo Bruera MD, University of Texas MD Anderson Cancer Center describes the integration of palliative care into the primary care setting. Palliative care used in the management of multiple chronic conditions, improves physical functioning, quality of life and reduces acute exacerbations and hospitalization.



PODCAST: *Integrating Behavioral Health in the Primary Care Setting*

Paul Clechanowski MD, University of Washington discusses how to integrate behavioral health in the primary care setting for persons living with multiple chronic conditions. He discusses clinical inertia and how this can influence health outcomes



PODCAST: *Patient Perspective on Living with Chronic Kidney Disease and Multiple Chronic Conditions.*

Richard Knight, Bowie State University describes his patient journey and kidney transplant. He describes the need for patient education and self-advocacy.



PODCAST: *Chronic Care Management: Do's, Don't's and Everything in Between*

Irina Koyfman DNP discusses the Chronic Care Management, Medicare incentive for primary care providers. She promotes the use of this billing incentive through specialist providers.



PODCAST: *The Effects of the Immune System in Multiple Chronic Conditions*

Matthew Sorenson PhD, Texas A&M School of Nursing discusses how the immune system is affected by multiple chronic conditions.



PODCAST: *Helping Overloaded People Remaining in the Workforce*

Glenna Crooks PhD describes her research on helping overly committed people to remain in the workforce. She highlights her recent book *The NetworkSage: Realize Your Network Superpower*.



PODCAST: *Understanding the Link Between Diabetes and Low Testosterone in Men*

Julian Gallegos PhD, Purdue University School of Nursing describes the importance of men's health and the link between obesity, diabetes and low testosterone.

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WEBINARS

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Person Centered Care Planning for the Oncology Patient



Course Objectives/Takeaways

- Review pathophysiology, diagnosis, management and incidence of prevalent malignancy.
- Describe how the nurse, pharmacist collaboration can ensure patient-centered care planning within the oncology setting.
- Examine the patient's oncology experience and how the nurse-pharmacist team can help to navigate the patient and family journey.

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- [Tactical Implementation of an Effective Falls Program](#)
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