

# Plan for the Unexpected



**1 in 2 men and 1 in 3 women** will contract some form of cancer<sup>1</sup>.

There are **over 800,000 stroke victims** per year<sup>2</sup>.

**Every 44 seconds** someone in the U.S. has a heart attack<sup>3</sup>.

Approximately **70%** of people over age 65 will require long-term assistance during their lifetime and **over 40% will need care in a nursing home**<sup>4</sup>.

1. US National Cancer Institute Surveillance Epidemiology and End Results (SEER) Database, based on incidence and mortality data for the United States from 2008 through 2010, the most current years for which data are available.
2. The Cleveland Clinic, *clevelandclinic.org*, 2013.
3. American Heart Association, *Heart disease and stroke statistics—2013 update*.
4. The National Clearinghouse for Long-Term Care Information, May 2010.