



TO SPOT A STROKE BE FAST

BALANCE

Is there a sudden loss of balance or coordination?

EYES

Is there sudden blurred or double vision or sudden, persistent vision trouble?

FACE

Ask the person to smile. Does one side of the face droop?
Is it numb?

ARMS

Is one arm weak or numb? Ask the person to raise both arms.
Does one arm drift downward?

SPEECH

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME

Remember the time the symptoms started. If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

**DO NOT DRIVE YOURSELF TO THE EMERGENCY ROOM
IF YOU SUSPECT YOU ARE HAVING A STROKE.**

WATCH FOR SUDDEN:

- Numbness or weakness of the leg
- Confusion or trouble understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause

STROKE 101

What is a stroke?

Your blood carries oxygen to your brain, muscles and organs. A stroke is the effect of blood not getting to certain areas of your brain. This can cause changes in speech, the ability to move your arms and legs, confusion or trouble speaking.

There are two main types of stroke

Ischemic—When there is a blockage in the brain, this type of stroke occurs.

Hemorrhagic—This type of stroke happens when there is bleeding in the brain.

Risk factors you can control

Tobacco Use—Don't smoke or use other forms of tobacco.

Physical Inactivity and Obesity—Try to be physically active for 30 minutes, 5 days a week. Being inactive, obese, or both, can increase your risk of having a stroke.

Excessive Alcohol—Drink alcohol in moderation (one drink per day for women; two drinks per day for men). Excessive alcohol use raises blood pressure, increasing the risk of having a stroke.

Illegal Drug Use—Drugs including cocaine, amphetamines, ecstasy and heroin are associated with an increased risk of stroke.

Risk factors that can be treated by your physician

Blood Pressure—High blood pressure is a leading risk factor for stroke. Normal blood pressure is less than or equal to 120/80.

Diabetes—High blood sugar increases stroke risk, especially if it's not treated by your doctor.

High Cholesterol—Over time, a high amount of cholesterol in your blood can clog your vessels and keep blood from getting to certain areas of your brain.

Atrial Fibrillation (AFib)—AFib is an abnormal heart rhythm that increases the risk of blood clot formation. If a clot breaks off and enters the bloodstream it can stop blood from getting to the brain, leading to an ischemic stroke. Patients with AFib have five times the increased risk of stroke. This risk is improved with treatment from your doctor.

Risk factors you can't control

Heredity—Your stroke risk is greater if a parent, grandparent, sister or brother has had a stroke.

Prior Stroke—Someone who has had a stroke is at much higher risk of having another one, but lessens with treatment of risk factors.

Source: American Stroke Association and Centers for Disease Control and Prevention.

