Facts about stroke

- Stroke is the third leading cause of death in the United States and the leading cause of adult disability.
- A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

You can beat a stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

Tip: Go in an ambulance!

Save time. Be seen faster.
Is it a stroke?  
Check these signs FAST!

**Face**
- Does the face look uneven?  
  Ask them to smile.

**Arm**
- Does one arm drift down?  
  Ask them to raise both arms.

**Speech**
- Does their speech sound strange?  
  Ask them to repeat a phrase.

**Time**
- Every second, brain cells die.  
  Call 9-1-1 at any sign of stroke!

Act **FAST**.  
Call 9-1-1 at any sign of stroke!

**Risk factors for stroke**

**Mini-strokes.** (transient ischemic attacks or TIAs) When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

**High blood pressure.** The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

**Diabetes.** Control the symptoms of diabetes with proper diet, exercise and medication.

**Obesity.** Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

**Smoking.** Smoking increases risk of stroke by two to three times.

**Another way to remember stroke symptoms**

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

Call 9-1-1 at any sign of stroke.