



MONDAY

STROKE

Every 40 seconds, someone in the United States has a stroke. Responding quickly when a stroke occurs can mean the difference between recovery and disability. Learn the signs.

SPOT A STROKE F.A.S.T

F.A.S.T. is an easy way to remember how to recognize a stroke and remember what to do.

FACE DROOPING

Does one side of the face droop or is it numb?

ARM WEAKNESS

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

SPEECH DIFFICULTY

Is speech slurred or difficult to understand?

TIME TO CALL 911

If someone shows any of these symptoms, even if the symptoms go away, call 911 right away.

OTHER SIGNS OF STROKE



Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body



Sudden confusion, trouble speaking or understanding



Sudden trouble seeing in one or both eyes



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden severe headache with no known cause

CALL 911

Time lost is brain lost. Stroke strikes fast. You should too. Call 911



911

REDUCE YOUR RISK FACTORS FOR STROKE

There are two types of risk factors for stroke: Those you **cannot** change and those you can.

Risk factors that **can't** be changed

- Age
- Gender
- Heredity
- Race
- History of previous heart attack, transient ischemic attack (TIA) or stroke

Risk factors that you **can** change

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Lose weight
- Stop smoking

Talk with your doctor about risk factors and get the facts (and help) you need to move forward. When it comes to your health, you are the cure.

For more information, call 1-888-4-STROKE (1-888-478-7653)



American Stroke Association
A division of the American Heart Association.



KAISER PERMANENTE