

May is **Stroke** Awareness Month



Up to 80 percent of all strokes can be prevented - start reducing risk now.

Although stroke can happen to anyone, certain risk factors can increase chances of a stroke. It is important to manage personal risk and know how to recognize and respond to stroke signs and symptoms.

Talk to a healthcare professional and follow these guidelines.

- **Blood Pressure (hypertension)** High blood pressure is a major stroke risk factor.
- **Identify atrial fibrillation (Afib)** Afib is an abnormal heartbeat that can increase stroke risk by 500%.
- **Stop smoking** Smoking doubles the risk of stroke.
- **Control alcohol use** Alcohol use has been linked to stroke.
- **Cholesterol levels** Cholesterol is a fatty substance in blood that is made by the body.
- **Control diabetes** Many people with diabetes have health problems that are also stroke risk factors.
- **Manage exercise/diet** Excess weight strains the circulatory system.
- **Treat circulation problems** Fatty deposits block arteries carrying blood to the brain and lead to a stroke.

It is important to recognize stroke symptoms and act quickly.

Stroke symptoms in both Men and Women:

- Sudden numbness or weakness of 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

Women may have unique stroke symptoms:

- sudden face and limb pain
- sudden hiccups
- sudden nausea
- sudden general weakness
- sudden chest pain
- sudden shortness of breath
- sudden palpitation

Every minute counts for stroke patients and acting F.A.S.T. can lead patients to the stroke treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms. Actually, many Americans are not aware that stroke patients may not be eligible for stroke treatments if they arrive at the hospital after the three-hour window.

**Stroke –
there's treatment if you act FAST.**



Learn the many warning signs of a stroke.
Act **FAST** and **CALL 9-1-1 IMMEDIATELY** at any sign of a stroke.