

Stroke tips

Know the signs



Think “FAST”

F - face drooping or numbness

A - arm weakness or numbness
or

S - speech difficulty, especially
slurred speech

T - time to call 9-1-1

Other symptoms

- Sudden numbness or weakness in a leg or on one side of the body
- Sudden confusion or trouble understanding speech
- 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 9-1-1 *immediately* if you have any stroke symptom. Rapid response is key to successful treatment.

Stroke tips

Controllable risk factors

- High blood pressure (above 120/80 mm/Hg)
- Atrial fibrillation – a rapid or irregular heart beat
- High cholesterol (above 200 mg/dL)
- Diabetes
- Tobacco use
- Physical inactivity
- Obesity (BMI above 30)

Additional risks for women

- Certain types of birth control pills
- Pregnancy
- Use of hormone replacement therapy
- Migraine headaches

If you have any of these risk factors, talk with your health-care provider about stroke prevention.

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