

STROKE AWARENESS MONTH

How to Spot a Stroke F.A.S.T.

FACE

DROOPING

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

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 is the person unable to speak? Ask them to repeat a simple sentence. Is it repeated correctly?

TIME

To Call 9-1-1

If someone is showing any of these symptoms, call 9-1-1 and get them to the hospital.

FACTS

- Every 45 seconds someone has a stroke.
- Every 3 minutes someone dies from a stroke.
- Stroke is the third leading cause of death.
- Stroke is the number one cause of long term disability.
- 24% of strokes lead to death
- 50% to 70% of stroke victims will improve or have mild disability
- 15% to 30% will have permanent disabilities.

PREVENTION

- Monitor and keep blood pressure normal.
- Irregular heartbeat should be treated.
- Treat carotid artery disease.
- Avoid smoke and smoking.
- Control through diet or insulin.
- Maintain normal weight.
- Follow a diet low in saturated fat, cholesterol, and salt.
- Limit alcohol consumption.
- Stay active with a reasonable exercise program.