Are you at risk for a stroke?

Strokes can be prevented. You can reduce your risk of having one. Talk to your health care provider about:

- **High Blood Pressure, or Hypertension.** This is the number one risk factor for having a stroke. Ask how you can lower your blood pressure.

- **High Cholesterol.** Work with your health care provider to manage and control your cholesterol.

- **Heart Disease.** Diseases such as coronary artery disease and atrial fibrillation (irregular heartbeat) can increase your risk. Work with your health care provider to address heart problems to prevent stroke.

- **Diabetes.** Work with your health care provider to manage and control your diabetes.

- **Smoking.** Avoid smoking or quit. Work with your health care provider to successfully quit smoking.

- **Obesity.** Eat in a healthy way and get regular physical activity.

What can you do to lower your risk?

Small lifestyle changes can make a difference!

- Eat a healthy diet, choosing foods that are low in salt, saturated fats, total fat and cholesterol.

- Exercise regularly, aiming for 30 minutes a day, most days of the week.

- Maintain a healthy weight.

- Don’t smoke, also avoid second-hand smoke.

- Limit alcohol intake.

ACT FAST AT ANY SIGN OF A STROKE

Think someone is having a stroke? Call 9-1-1 right away!
What is a stroke?
A stroke happens when blood that carries oxygen is blocked from reaching parts of the brain. Brain cells begin to die. Stroke is sometimes called a brain attack. Strokes can cause lasting brain damage, major disability, or even death. Rapid treatment may reduce the long-term effects of stroke.

Call 9-1-1 immediately at the first sign of a stroke!

All stroke symptoms appear suddenly without warning.

Call 9-1-1 immediately at the first sign of a stroke!

Rapid treatment can lower a person’s risk of dying.

Other stroke symptoms you should know.

Watch for sudden:
- Numb or weak face, arm, or leg. Mostly on one side.
- Trouble seeing with one or both eyes.
- Confusion, trouble speaking, slurred speech or understanding other people.
- Dizziness, loss of balance or coordination, or trouble walking.
- Severe headache – comes on for no reason.

If you experience ANY signs of stroke, call 9-1-1 immediately.

Stroke care starts with EMS.

Emergency Medical Services, or EMS providers, are a critical part of the stroke team. They receive special training to identify strokes quickly.

After calling 9-1-1, your stroke care will start right away. An EMS provider will arrive and begin an evaluation. Treatment can start during rapid transport to the hospital.

FAST
Face droop
Arm weakness
Speech difficulty
Time to call 911