

# STROKE

## WHAT TO DO IN AN EMERGENCY

think

# F

**FACE:** Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or drooping?



### TOP CAUSES OF DEATH IN THE U.S.



# A

**ARMS:** Is one arm weak or numb? Ask the person to raise both arms at the same time. Does one arm drift downward?



Stroke is the fifth leading cause of death in the United States and is a major cause of adult disability. About 800,000 people in the United States have a stroke each year. One American dies from a stroke every 4 minutes, on average.

# S

**SPEECH:** Is the person unable to speak, hard to understand, or slurring words? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?



Stroke is a medical emergency. Know the signs and symptoms of stroke, and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability from stroke.

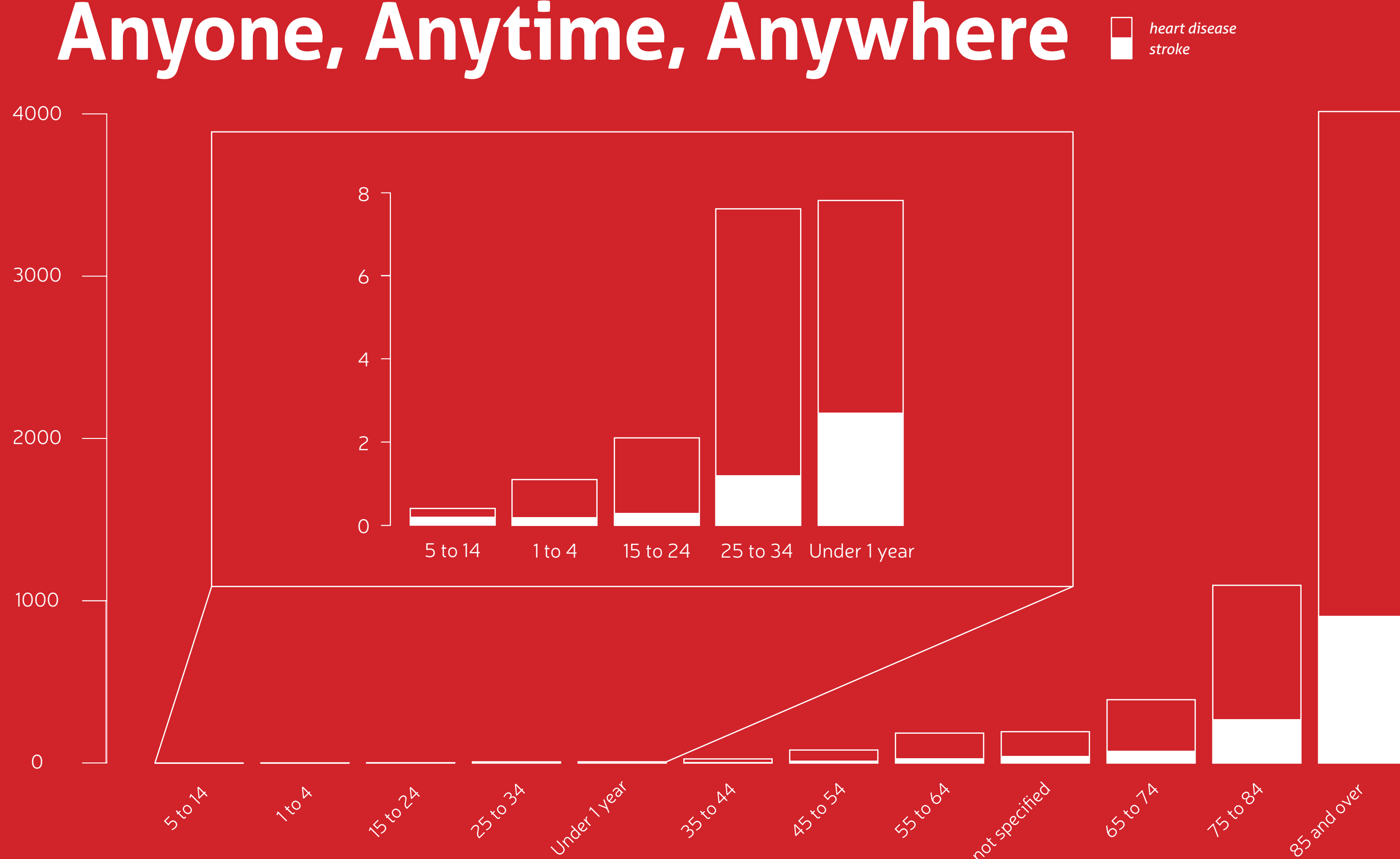
# T

**TIME:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



You may be able to prevent stroke or reduce your risk through healthy lifestyle changes. In addition, medication can reduce stroke risk for some people.

## Anyone, Anytime, Anywhere



Several types of heart disease are risk factors for stroke. Likewise, stroke is a risk factor for coronary heart disease. Coronary heart disease and stroke share many of the same risk factors such as high LDL ("bad") cholesterol levels, low HDL ("good") cholesterol levels, high blood pressure, smoking, diabetes, physical inactivity, and being overweight or obese.

Individuals with coronary heart disease, angina, or who have had a heart attack due to atherosclerosis, have more than twice the risk of stroke than those who haven't. If you have atherosclerosis in the coronary arteries you are very likely to have atherosclerosis in other parts of your body.

## Myth vs. Fact

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|---|--|
| Stroke cannot be prevented.   | Up to 80% of strokes are, and can be preventable.  |
| There is no treatment for stroke.                                     | At any sign of stroke call, 9-1-1 immediately, for treatment may be available. The sooner the better!    |
| Stroke only affects the elderly.                                      | Stroke can happen to anyone, at any age, at any time.  |
| Stroke happens in the heart.  | Stroke is a "brain attack".  |
| Stroke recovery only happens for the first few months after a stroke. | Stroke recovery's a lifelong process.  |
| Strokes are rare.   | There are nearly 7 million stroke survivors in the U.S. It is the 5th leading cause of death in the U.S. |
| Strokes are not hereditary.   | Family history of stroke increases your chance for stroke.   |
| If stroke symptoms go away, you don't have to see a doctor.           | Temporary stroke symptoms are called transient ischemic attacks (TIA). They are warning signs prior      |

To learn more, visit <http://www.strokeassociation.org/STROKEORG/>