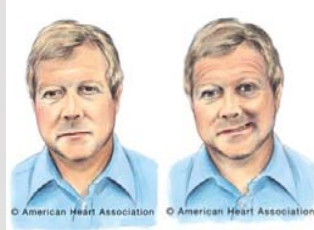


# RECOGNIZING A STROKE

## FAST: Face-Arms-Speech-Time



**Face:** Ask the person to smile. Does one side of the face droop?



**Arms:** Ask the person to raise both arms. Does one arm drift downward?

**Speech:** Ask the person repeat a simple sentence. Are the words slurred? Can the person repeat the sentence correctly?

**Time:** Time matters. **Call 911.**



Time Matters  
Call 911

### Are you at risk for a STROKE?

- You have high blood pressure.
- You have heart disease.
- You smoke cigarettes.
- You have diabetes.

These items may put you at a higher risk for a stroke.

## Preventive Guidelines

- Know your blood pressure. If it's high, work with your doctor to lower it.
- If you smoke, **STOP!**
- If you drink alcohol, limit to one drink per day.
- Know your cholesterol number. If it's high, work with your doctor to lower it.
- If you are diabetic, follow your doctor's advice carefully to get your blood sugar level under control.
- Include exercise in your daily routine.
- Enjoy a lower sodium (salt), lower fat diet.
- Ask your doctor if you have circulation (blood flow) problems which increase your stroke risk. If so, work with your doctor to control them.
- If you have any stroke symptoms or see them in someone else, **call 911.**

## STROKE SYMPTOMS

- 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

### Other important but less common symptoms include:

- Sudden nausea and vomiting – different from a viral illness because of how fast it begins (minutes or hours vs. several days)
- Brief loss of consciousness or a period of decreased consciousness (fainting, confusion, convulsions or coma)

**IF YOU HAVE ANY OF THESE SYMPTOMS,  
TREATMENT CAN BE MORE EFFECTIVE IF  
GIVEN QUICKLY.**

**EVERY MINUTE COUNTS!**

