

# STROKE AWARENESS

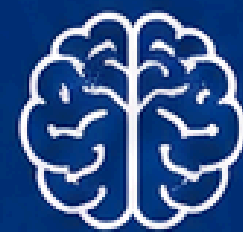


Every minute counts.

Recognize the signs. Act **FAST**. Save lives.



A stroke occurs when blood flow to part of the brain is interrupted or reduced, depriving brain cells of oxygen and nutrients.



Stroke is a leading cause of serious, long-term disability and the fifth leading cause of death in the U.S.<sup>1</sup>

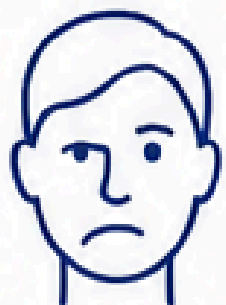
## RECOGNIZE THE SIGNS: THINK **FAST**



### 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 to repeat a simple sentence.

Is their speech slurred or strange?



### TIME

If you see any of these signs, **call 9-1-1 right away.**

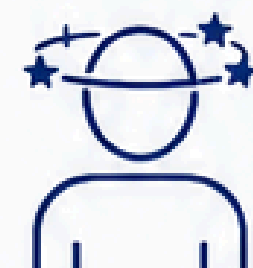


**9-1-1**



### BALANCE

Loss of balance, headache, or dizziness may also be signs of stroke.<sup>2</sup>



**Call 9-1-1 immediately.** Note the time symptoms started. Quick treatment can improve outcomes and may reduce long-term effects.<sup>3</sup>

### KNOW YOUR RISK FACTORS

Some risk factors you can change, others you can't.



High blood pressure



Diabetes



High cholesterol



Smoking



Overweight or obesity



Physical inactivity



Excessive alcohol use



Family history of stroke

Talk to your healthcare provider about your risks and how to lower them.

### REDUCE YOUR RISK



Eat a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins.



Be physically active. Aim for at least 150 minutes of moderate activity each week.<sup>4</sup>



Maintain a healthy weight.



Don't smoke and limit alcohol use.



Manage conditions like high blood pressure, diabetes, and high cholesterol.



See your healthcare provider regularly.

### RESOURCES

- Centers for Disease Control and Prevention. Stroke Facts. Updated May 16, 2024. <https://www.cdc.gov/stroke/facts/index.html>
- National Heart, Lung, and Blood Institute. Stroke Signs and Symptoms. <https://www.nhlbi.nih.gov/health/stroke/signs>
- American Stroke Association. Act FAST: How to Help Save a Life. <https://www.stroke.org/en/about-stroke/how-to-spot-a-stroke>
- Physical Activity Guidelines for Americans, 2nd edition. U.S. Department of Health and Human Services. [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

**BEAR VALLEY**  
COMMUNITY HEALTHCARE DISTRICT