



STROKE AWARENESS

A stroke occurs **every 40 seconds** in the U.S.

WHAT IS A **STROKE**?

Stroke is an interruption of blood flow to the brain.

Without oxygen-rich blood, brain cells die.

Brain damage can occur in a matter of minutes.

SIGNS OF **STROKE** Stroke symptoms appear quickly and suddenly, so it's important to know the signs and act fast.

Remember BE FAST!

B	E	F	A	S	T
					
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Loss of balance headache or dizziness,	Blurred vision	One side of the face is drooping	Arm or Leg weakness	Speech difficulty	Time to call 911

PREVENTION OF **STROKE**

- Keep Your Blood Pressure Low
- Lower Your Cholesterol
- Manage Your Diabetes
- Eat Healthy
- Exercise Regularly
- Maintain a Healthy Weight
- Stop Smoking
- Limit Alcohol