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Things to Know About **Stroke**

1 Stroke risk increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before age 65, you are at 3X the risk of having one yourself.

2 High blood pressure increases your risk of stroke — 3 out of 4 people who suffer a first stroke have high blood pressure.



If Stroke Happens, Act F.A.S.T.



F—FACE DROOPING

Ask the person to smile. Does one side droop?



A—ARM WEAKNESS

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



S—SPEECH DIFFICULTY

Ask the person to repeat a simple sentence. Are the words slurred?



T—TIME TO CALL 9-1-1

If the person shows any of these signs, call 9-1-1 immediately.

3 About 1 out of 4 stroke survivors is at risk for having another stroke. Talk to your doctor about how to prevent another one.

4 Stroke is treatable, but every minute counts. Acting **F.A.S.T.** (**F**ace, **A**rms, **S**peech, **T**ime) can help stroke patients get the treatment they need to survive and reduce damage to the brain.

5 Friends usually save friends from stroke by learning and recognizing the warning signs and calling 9-1-1 immediately. Time lost is brain lost.

Source: www.stroke.org

