

Facts about stroke

Stroke is the third leading cause of death in the United States and the leading cause of adult disability.

A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

You Can Beat a Stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

Tip: Go in an ambulance!



Save time. Be seen faster.

Risk Factors for Stroke

Mini-strokes. When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

High blood pressure. The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

Obesity. Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

Diabetes. Control the symptoms of diabetes with proper diet, exercise and medication.

Smoking. Smoking increases risk of stroke by two to three times.

Another way to remember stroke symptoms

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache

Call 9-1-1 at any sign of stroke.

Be a stroke hero.

Produced by Heart Disease and Stroke Prevention and Control Program; Massachusetts Department of Public Health. Made possible with funding from the U.S. Centers for Disease Control and Prevention. For more information or to order more of these brochures, call 1-800-487-1119 or email heart.stroke@state.ma.us.



Learn the signs of stroke.

You could save a life or help prevent a disability.



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Does the face look uneven?
Ask the person to smile.

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

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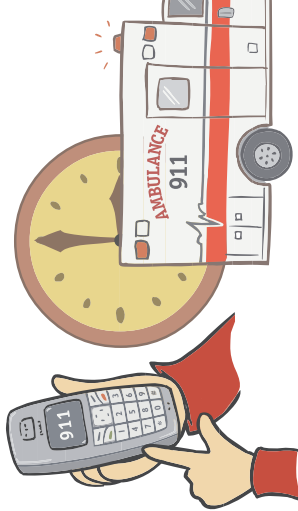
peech



Does their speech sound strange?
Ask the person to repeat a simple phrase, for example, "The sky is blue."

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If you observe any of these signs, then it's time to call 9-1-1.

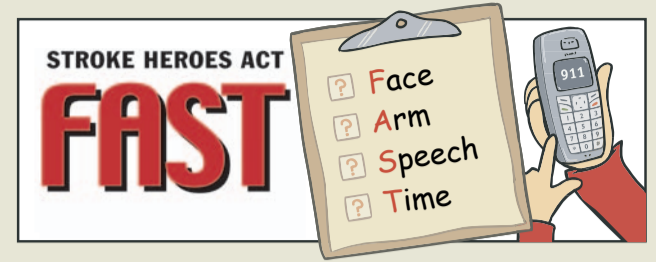


Learn these signs of stroke.

Be a hero. Save a life.

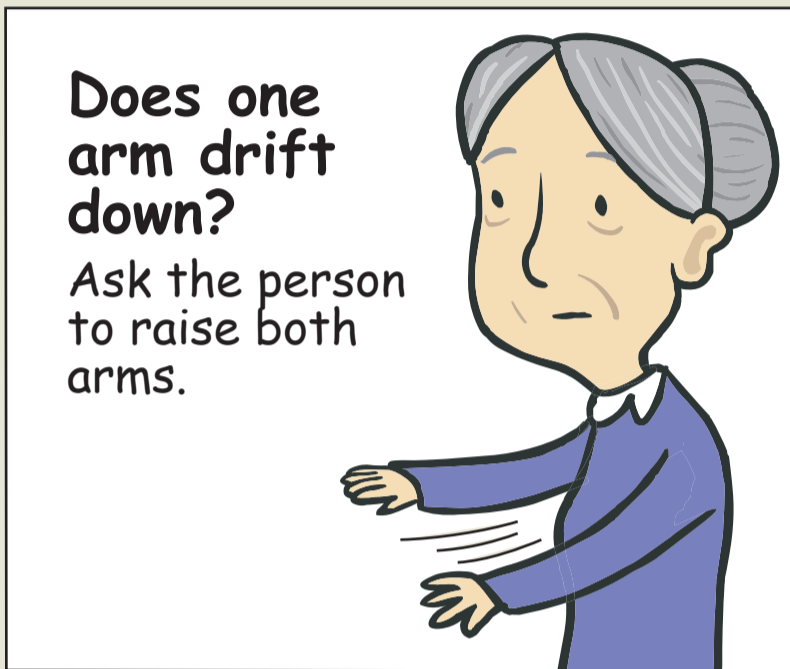
Call 9-1-1

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Call 9-1-1

Massachusetts Department of Public Health — For more information call 1-800-487-1119 or email heart.stroke@state.ma.us

Stroke Heroes Act FAST Presentation:

Date:
Time:

Location:
To find out more, call:

