

Stroke Awareness



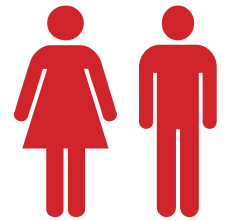
What is a stroke?

A stroke happens when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).

When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

Knowing about the most common warning signs and when to call 911 is key to getting immediate and appropriate treatment. F.A.S.T. is the best way to spot a stroke.

Stroke is the 5th leading cause of death in the United States.



F Face Drooping
A Arm Weakness
S Speech Difficulty
T Time to Call 911

Risk Factors:



- High Blood Pressure
- Diet
- Diabetes
- Smoking
- Physical Activity
- Obesity
- High Cholesterol

Strokes are Preventable

Strokes kill more than 133,000 Americans each year and is the leading cause of serious long-term disability. 80% of strokes that occur are preventable through education, lifestyle changes and awareness.