



Know the Signs of Stroke

Did you know that someone in the U.S. dies from a stroke every three and a half minutes, and that stroke is a leading cause of disability? A stroke is when blood flow to the brain is blocked, which can lead to severe brain damage or even death.

Think **FAST** when stroke signs and symptoms occur:

- Face drooping or numbness on one side is a very common first sign of stroke. Ask the person to smile and if they have difficulty doing so, especially on one side, they may be experiencing a stroke.
- Arm weakness is another common sign of stroke. Ask the person to raise both arms. Do you notice one arm drifting downward?
- Speech difficulty is the next symptom to look for. Is the person's speech slurred?
- Time. If the person is experiencing any of the above, call 911 immediately. Don't wait!

Other Signs of Stroke

These less-common symptoms tend to occur suddenly. You should also call 911 immediately if the person is experiencing any of these listed below. It's common for a person to experience multiple symptoms simultaneously.

- Numbness
- Confusion
- Difficulty seeing
- Difficulty walking
- Severe headache

Risk Factors for Stroke

Having one or more of the following risk factors can increase your risk for stroke. Speak with your physician about your risk for stroke if any of the below apply to you.

- High blood pressure
- Smoking
- Diabetes
- Obesity
- Physical inactivity
- High cholesterol
- Heart disease
- Atrial fibrillation
- Peripheral artery disease
- Sickle cell anemia

Sources:
Stroke Family Warmline: 1-888-4-STROKE or 1-888-478-7653 (Monday through Friday, 8 a.m. – 5 p.m. CST)
stroke.org/speakwithus
Source: American Heart Association

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