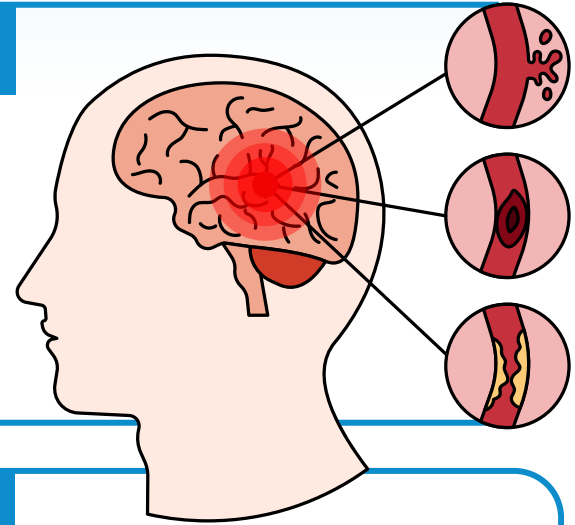


# STROKE AWARENESS

## WHAT IS A STROKE?

- **Ischemic Stroke:** Blood supply to part of the brain is blocked or reduced, preventing brain tissue from getting oxygen and nutrients, which causes brain cells to die.
- **Hemorrhagic Stroke:** A blood vessel in the brain leaks or bursts and causes bleeding in the brain, increasing pressure on brain cells and damaging them.



## SYMPTOMS

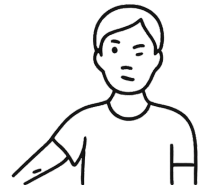
Symptoms include trouble speaking, confusion, numbness, weakness, or paralysis in the face, arm, or leg, vision issues, severe headache, and trouble walking.

### Act F.A.S.T. if you notice symptoms:

- **Face Drooping:** Look for one side of the face drooping or feeling numb. Ask the person to smile to check for asymmetry.
- **Arm Weakness:** Check if one arm feels weak or numb. Ask the person to raise both arms and see if one drifts downward.
- **Speech Difficulty:** Listen for slurred or hard-to-understand speech. Ask the person to repeat a simple sentence to confirm clarity.
- **Time to Call 911:** If any of these signs are present, call 911 immediately, don't wait. Quick action is crucial.



FACIAL DROOP



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL FOR HELP

## RISK FACTORS

- High Blood Pressure or Cholesterol
- Type 2 Diabetes
- Family history of stroke or heart disease
- Age 55+, Race (Black/Hispanic), Gender (Men)
- Overweight/Obese
- Tobacco/Alcohol Use

## PREVENTION

- Get regular physical activity
- Choose healthy foods (fruits and veggies, limit cholesterol and saturated fat)
- Limit alcohol, quit tobacco
- Monitor blood pressure
- Get annual checkups with your doctor