

STROKE: CAN HAPPEN TO ANYONE

at anytime...at any age

Detect

Know the warning signs:

- Sudden numbness or weakness of face, arm or leg, especially on one side of body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Advocate

Work with your local American Stroke Association to help your community:

- Improve the rapid transport and treatment of stroke patients.
- Establish clean indoor air protections in all public and work places.
- Create “walk able” public areas to increase physical activity.

Prevent

- Don't smoke
- Treat diabetes
- Eat a healthy diet
- Be physically active
- Maintain a healthy weight
- Control high blood pressure
- Don't drink too much alcohol
- Get regular medical checkups



Survive

- Call 9-1-1 immediately if any warning signs occur.
- Receiving treatment within 3 hours can significantly minimize permanent disability.
- Even if symptoms last only a short time, treat them very seriously...because time lost is brain lost.



PROVIDENCE