

*The best time to learn the signs of stroke...
is before you have one*

Warning Signs & Symptoms of Stroke

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

My risk factors for stroke are:

- Blood pressure over 120/80?
- Smoker — exposed to tobacco
- Over Weight?
- Diabetes?
- High Cholesterol?
- Family History of Stroke?
- Physically active...less than a total of 30 minutes on most days
- Man over age of 45, OR a woman over 55 year of age.



If you have checked one or more boxes, you may be at an increased risk for Stroke.
See a health care provider for a complete assessment of your risks.

New Blood Pressure Categories

Normal: below 120/80
Prehypertensive: up to 139/89
High: 140/90 or higher

Total Cholesterol

Less than 200

For health information or to find a physician,
contact St. John Health connect at 1-880-440-7325
www.stjohn.org/providenceneuro