

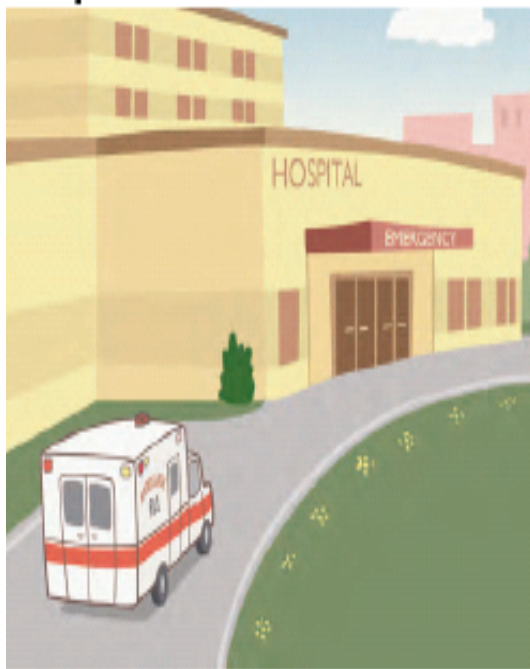
## Facts about stroke

- Stroke is the third leading cause of death in the United States and the leading cause of adult disability.
- A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

## You can beat a stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

## Tip: Go in an ambulance!



## Save time. Be seen faster.

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# Taking on Heart Attack & Stroke Emergencies in Michigan

## Be prepared!

Know the signs & symptoms and have a plan!

You and your family need to know the signs of stroke!

Act **FAST** at *any* sign of stroke!

### • Know the signs: **F·A·S·T**

- F**ace – Does the face look uneven?
- A**rm – Does one arm drift down?
- S**peech – Does their speech sound strange?
- T**ime – Call 9-1-1 at any sign of stroke!

- **DO NOT WAIT!** Call 9-1-1 or let someone do it for you.
- **Don't drive!** People who arrive in an ambulance get care faster.
- **Act FAST!** You lose 1.9 million brain cells a minute during a stroke. You have a better chance of getting back to normal if you act FAST and call 9-1-1!

You can find more information about stroke at [www.michigan.gov/cvh](http://www.michigan.gov/cvh)

# Is it a stroke?

Check these signs **FAST!**



# Is it a stroke? Check these signs **FAST!**



## Face



## Arm



## Speech



## Time

### Risk factors for stroke

**Mini-strokes.** (transient ischemic attacks or TIAs) When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

**High blood pressure.** The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

**Diabetes.** Control the symptoms of diabetes with proper diet, exercise and medication.

**Obesity.** Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

**Smoking.** Smoking increases risk of stroke by two to three times.

### Another way to remember stroke symptoms

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

**Act FAST.**  
**Call 9-1-1 at any  
sign of stroke!**

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