

Are you at risk for a stroke?

Strokes can be prevented. You can reduce your risk of having one. Talk to your health care provider about:

- **High Blood Pressure, or Hypertension.** This is the number one risk factor for having a stroke. Ask how you can lower your blood pressure.
- **High Cholesterol.** Work with your health care provider to manage and control your cholesterol.
- **Heart Disease.** Diseases such as coronary artery disease and atrial fibrillation (irregular heartbeat) can increase your risk. Work with your health care provider to address heart problems to prevent stroke.
- **Diabetes.** Work with your health care provider to manage and control your diabetes.
- **Smoking.** Avoid smoking or quit. Work with your health care provider to successfully quit smoking.
- **Obesity.** Eat in a healthy way and get regular physical activity.

What can you do to lower your risk?

Small lifestyle changes can make a difference!

- Eat a healthy diet, choosing foods that are low in salt, saturated fats, total fat and cholesterol.
- Exercise regularly, aiming for 30 minutes a day, most days of the week.
- Maintain a healthy weight.
- Don't smoke, also avoid second-hand smoke.
- Limit alcohol intake.



Department of Health

ACT FAST  
AT ANY SIGN OF A
STROKE

F	 Face droop
A	 Arm weakness
S	 Speech difficulty
T	 Time to call 911

**Think someone is having a stroke?
Call 9-1-1 right away!**

What is a stroke?

A stroke happens when blood that carries oxygen is blocked from reaching parts of the brain. Brain cells begin to die. Stroke is sometimes called a brain attack. Strokes can cause lasting brain damage, major disability, or even death. Rapid treatment may reduce the long-term effects of stroke.

Call 9-1-1 immediately at the first sign of a stroke!

All stroke symptoms appear suddenly without warning.

Call 9-1-1 immediately at the first sign of a stroke!

Rapid treatment can lower a person's risk of dying.



Other stroke symptoms you should know.

Watch for sudden:

- Numb or weak face, arm, or leg. Mostly on one side.
- Trouble seeing with one or both eyes.
- Confusion, trouble speaking, slurred speech or understanding other people.
- Dizziness, loss of balance or coordination, or trouble walking.
- Severe headache – comes on for no reason.

If you experience ANY signs of stroke, call 9-1-1 immediately.

Stroke care starts with EMS.

Emergency Medical Services, or EMS providers, are a critical part of the stroke team. They receive special training to identify strokes quickly.

After calling 9-1-1, your stroke care will start right away. An EMS provider will arrive and begin an evaluation. Treatment can start during rapid transport to the hospital.

