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.

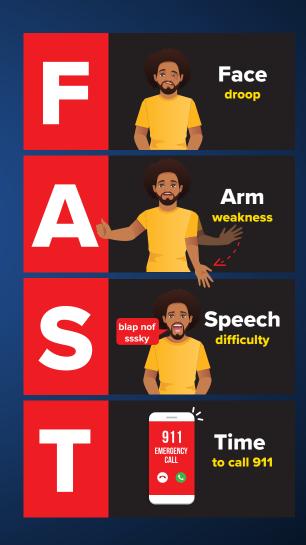
What can you do to lower your risk?

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.



ACT FAST AT ANY SIGN OF A STROKE



Think someone is having a stroke?

Call 9-1-1 right away!

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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.

