

May is Stroke Awareness Month

Lower Your Risk & Know the Signs

A stroke occurs when a blood vessel in the brain ruptures and bleeds, or when there's a blockage in the blood supply to the brain. Over **795,000** Americans every year have a stroke, making it a leading cause of disability. However, **up to 80% of strokes could be prevented** through healthy lifestyle changes and working with your family doctor to control health conditions that raise risk for stroke. In addition to lowering your risk, it is important to **know the warning signs** of stroke, as the **chances of survival are greater** when emergency treatment begins quickly.

LEARN TO RECOGNIZE THE **WARNING** SIGNS OF A STROKE.

BE

BALANCE

Sudden loss of balance/dizziness.



EYES

Vision loss in one or both eyes.



FAST

FACE

Facial weakness or drooping.



ARMS

Weakness of arms.



SPEECH

Difficult or slurred speech.



TIME

Call **911** now!



SOURCES: American Stroke Association, Centers for Disease Control & Prevention