

May is Stroke Awareness Month

Stroke: What To Know

A stroke occurs when blood flow to the brain is disrupted, either due to a clot blocking a blood vessel or due to bleeding in the brain. High blood pressure, high cholesterol, smoking, obesity, and diabetes are **leading causes** of stroke.

Every year, more than **795,000** people in the United States have a stroke. However, **up to 80% of strokes could be prevented** through healthy lifestyle changes and working with your doctor to control health conditions that raise your risk. In addition, **recognizing the warning signs of stroke** is crucial for getting prompt medical attention and preventing long-term damage.

SPOT A STROKE F.A.S.T.

By learning and sharing the F.A.S.T. warning signs, you just might save a life from stroke.



BALANCE

Sudden loss of balance/dizziness.



EYES

Vision loss in one or both eyes.



FACE

Facial weakness or drooping.



ARM

Weakness of arms.



SPEECH

Difficult or slurred speech.



TIME

Call **911** now!

Talk to your doctor about your possible risks for having a stroke.

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