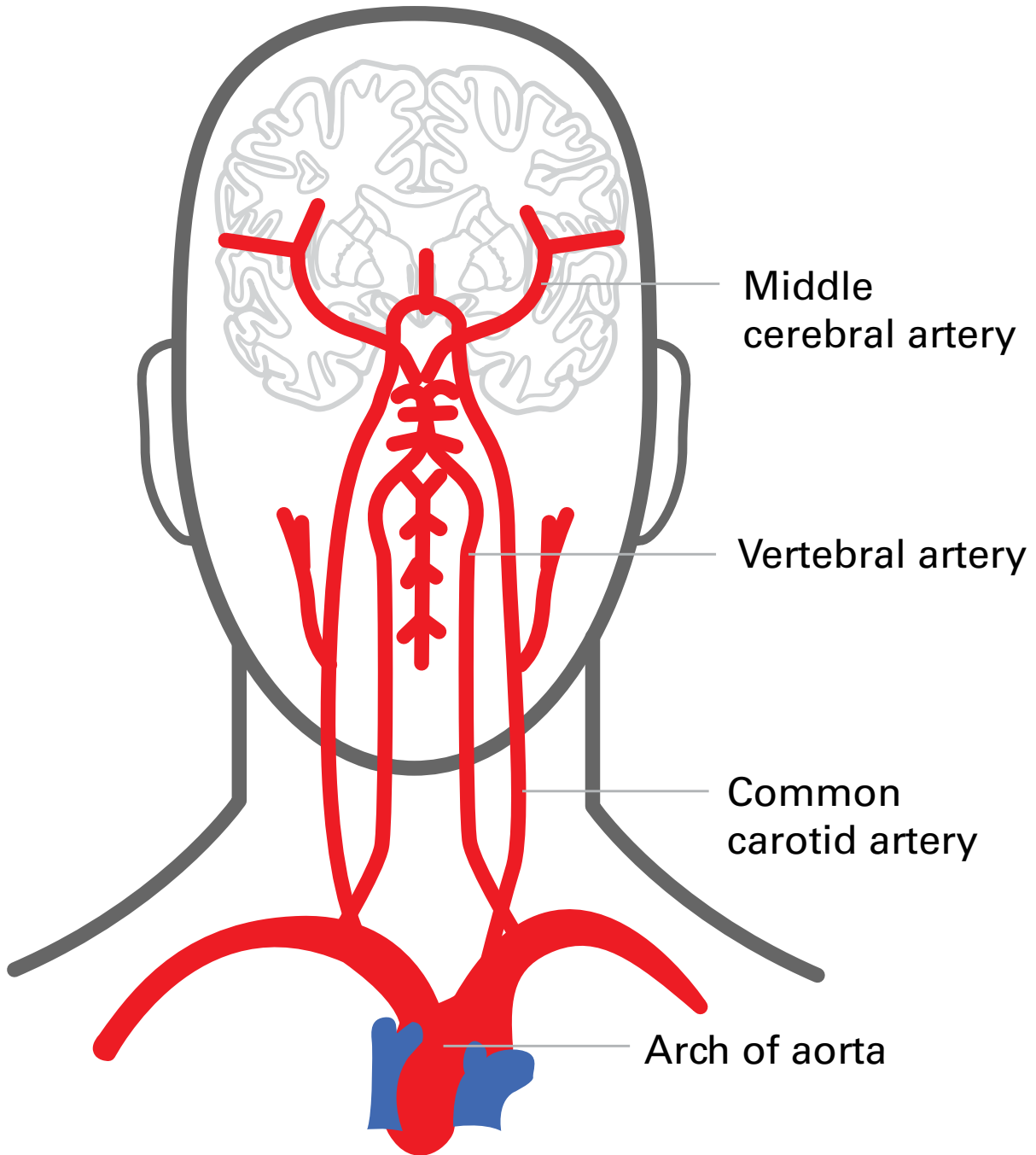




How the Brain Works





Symptoms of a Stroke

Sudden Numbness or Weakness
in Face, Arm, or Leg

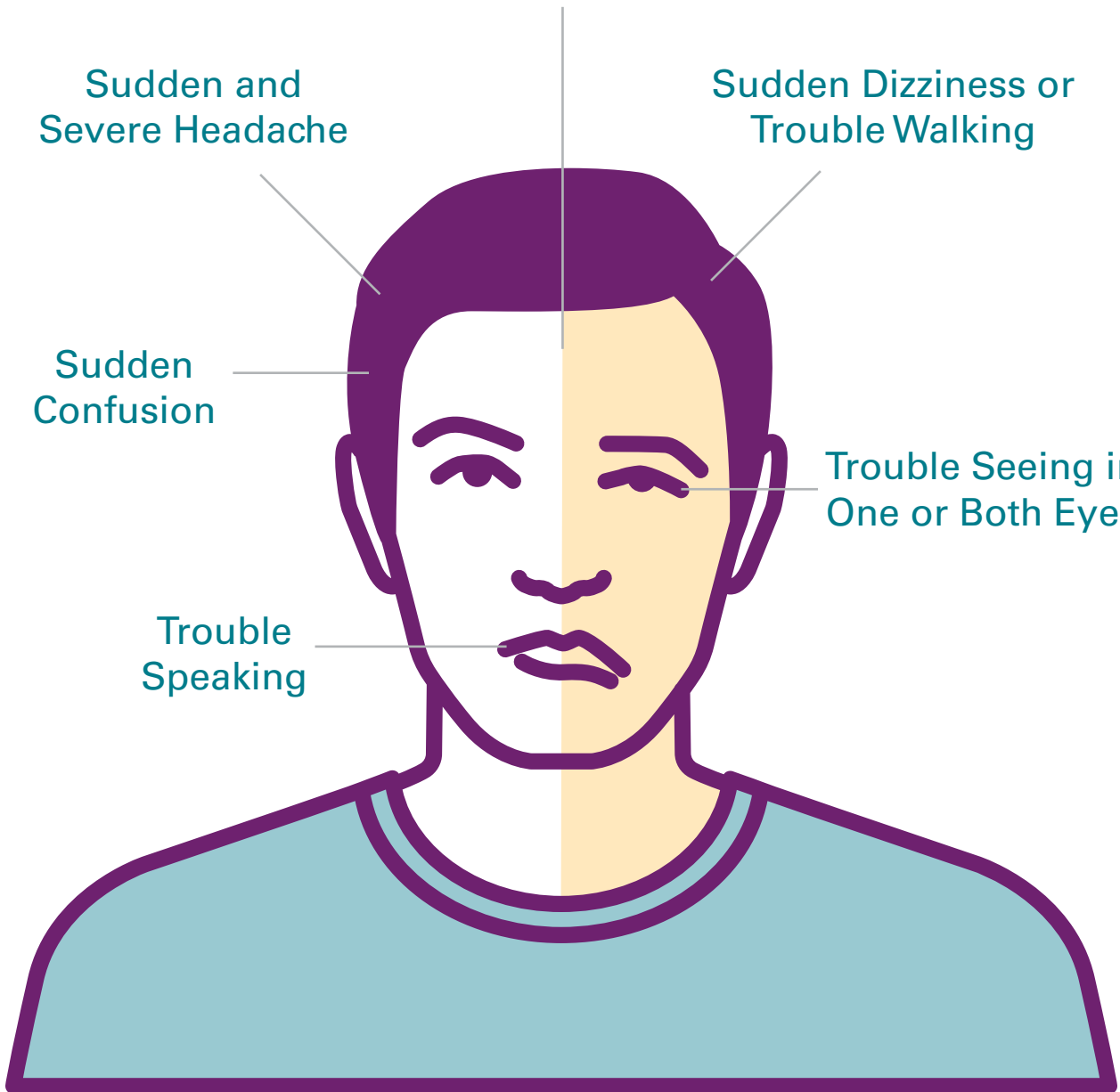
Sudden and
Severe Headache

Sudden Dizziness or
Trouble Walking

Sudden
Confusion

Trouble Seeing in
One or Both Eyes

Trouble
Speaking

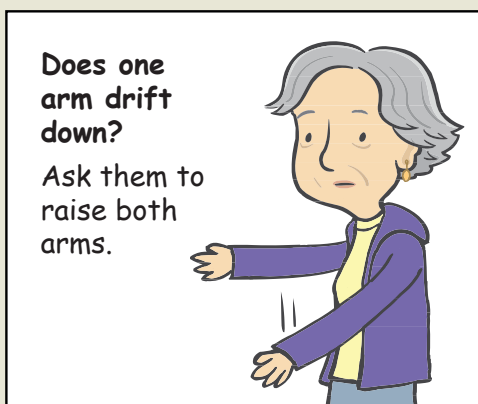


Signs of Stroke:

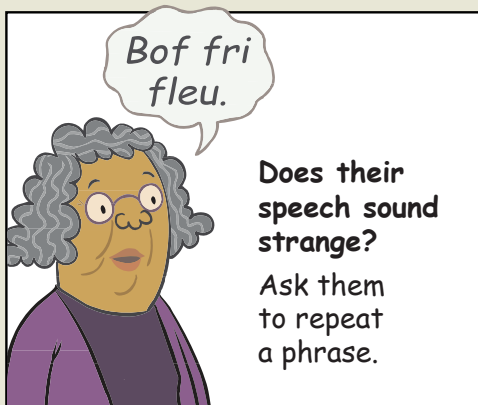
Face



Arm



Speech



Time



Is it a stroke?

If you or someone you know may be having a stroke,
Act **FAST!**

Call 9-1-1 at ANY sign of a stroke!



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.

Excess weight puts a strain on the entire circulatory system. It can also make people more likely to have high cholesterol, high blood pressure and diabetes, all of which can increase stroke risk.

Smoking.

Smoking increases risk of stroke by two to four times.

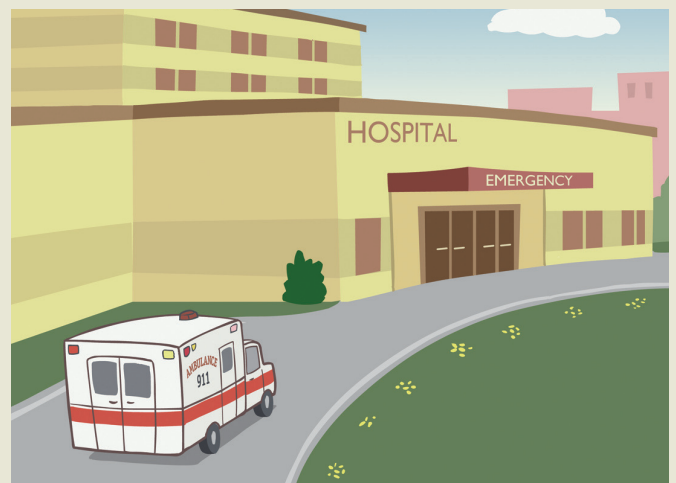
Another Way to Remember Stroke Symptoms:

- 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

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.

For more information, visit www.mass.gov/stroke

**Call 9-1-1
at ANY sign of a stroke!**

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH





Stroke Quiz

1 In what part of the body does a stroke occur? (circle one answer only)

Heart Lungs Brain Kidneys

2 Which of the following are signs of stroke? (circle all that apply)

Sudden facial droop or an uneven smile.

Sudden stomach pain.

Sudden arm weakness or numbness.

Sudden chest pain.

Sudden slurred speech, difficulty speaking or understanding.

3 What should you do if you think someone is having a stroke?

(circle one answer only)

Tell them to lie down and take a nap.

Call the family doctor to make an appointment.

Call 9-1-1.

Tell them to drink lots of water.

4 List 3 things that you can do every day to prevent stroke:



Stroke Quiz

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Heart

Lungs

Brain

Kidneys

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4

List 3 things that you can do every day to prevent stroke:

Don't smoke

Eat a healthy diet

Control your blood pressure

Get plenty of sleep

Manage stress

Exercise regularly

Don't drink or use drugs

Visit your doctor to get a check-up