



What is a STROKE?

▶ A stroke occurs when a **blood vessel in the brain is blocked or burst.**

▶ **Without oxygen** carried by the blood, **the brain begins to die.**



A stroke occurs **every 40 seconds** in the U.S.

Watch for the SIGNS

Stroke symptoms appear quickly and suddenly, so it's important to know the signs and act fast.

▶ Severe headache & confusion

▶ Numbness, tingling or weakness

▶ Loss of balance

▶ Vision changes

▶ Trouble speaking

▶ Loss of movement in face or limbs, especially on one side

If you or a loved one starts to experience one or more of these symptoms, **CALL 911 IMMEDIATELY.**

Reduce YOUR RISK



Adopt a healthy lifestyle, including **proper diet and exercise.**



Lower your blood pressure & cholesterol.

If you smoke, set a plan to quit and follow it!



For more information, visit ***CardioSmart.org/Stroke***

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