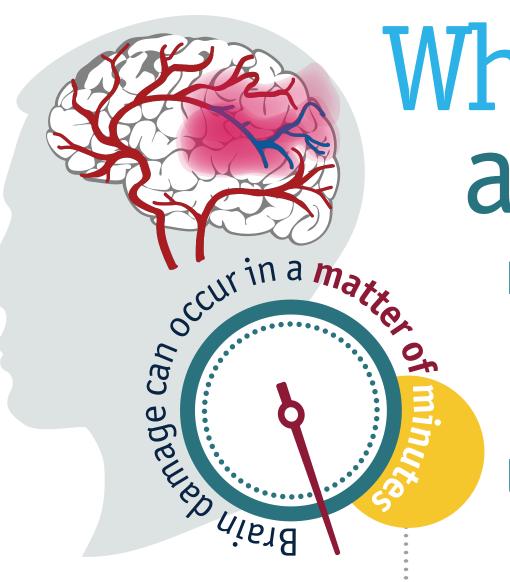
UNDERSTANDING STROKE





Whatis 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 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





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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