UNDERSTANDING STROKE

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

- 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

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

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

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.