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.
- Brain damage can occur in a matter of minutes.

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!

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

For more information, visit CardioSmart.org/Stroke

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters