



STROKE AWARENESS

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.

When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged. 1

Signs of Stroke

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

A Stroke can happen to anyone, but certain factors can increase your risk of stroke. If changes are made to the following lifestyle risks below, the risk of stroke can be decreased:

Risks that increase chances of Stroke:

- High Blood Pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Atherosclerosis
- Circulation Problems
- Tobacco Use and Smoking
- Alcohol Use
- Physical Inactivity
- Obesity

Call 9-1-1 immediately if you or someone else has any of these symptoms.

For more information on STROKE please visit www.STROKE.org



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