ANYONE CAN HAVE A STROKE

A stroke occurs when the blood supply to your brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain cells to die. A stroke may be caused by a blocked artery or the bursting of a blood vessel.

Stroke is the leading cause of long-term disability and the leading preventable cause of disability in the United States.

There are many risk factors associated with stroke including high blood pressure.

One in six American adults with high blood pressure don’t even know it. Keeping your blood pressure below 120/80 will help reduce your risk.

STROKE WARNING SIGNS AND SYMPTOMS

FACE DROOPING

ARM WEAKNESS

SPEECH DIFFICULTY

TIME TO CALL

While the FAST acronym identifies the key symptoms of face drooping, arm weakness, speech difficulty and time to call 911, there are additional symptoms such as:

- Numbness or any extremity or the entire side of the body
- Confusion, difficulty speaking or understanding speech
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- A severe headache with no known cause

Many times these symptoms can appear separately or simultaneously.

Remember that 80 percent of strokes are preventable. Know the signs and the life you end up saving could be your own.

The information above was provided by the American Heart Association. Visit strokeassociation.org for more information, or hearthealthtrust.org for additional resources.