

MAY

is

**Stroke Awareness
Month**

What is a Stroke?

A stroke is a sudden interruption of blood flow to the brain.

It may be caused by a blockage, or by bleeding into brain tissue when a blood vessel bursts.

The effects depend upon which part of the brain is injured, and how severely it is injured.

What are risk factors for stroke?

Most are controllable

Blood pressure

Cholesterol

Diabetes

Smoking

Weight

Irregular heartbeat

Family history

What are the signs of stroke?

- 1. WALK:** is balance off?
- 2. TALK:** is speech slurred or face droopy?
- 3. REACH:** is one side weak or numb?
- 4. SEE:** is vision all or partially lost?
- 5. FEEL:** severe headache?

What should I do if I, or someone else has signs of stroke?

CALL 9-1-1

Stroke Prevention

- Know your blood pressure
- If you smoke, stop
- Find out if you have atrial fibrillation
- If you drink alcohol, do so in moderation
- Know your cholesterol
- If you are diabetic, stay in control
- Eat a low sodium (salt) diet
- **EXERCISE!!**

