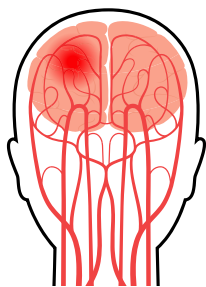
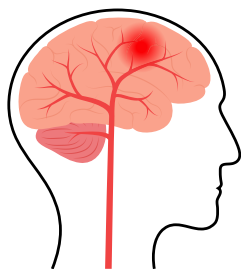


# Your day can start like any other day ...



**Someone in the U.S. has a stroke every 40 seconds. And every four minutes, someone dies of stroke.**

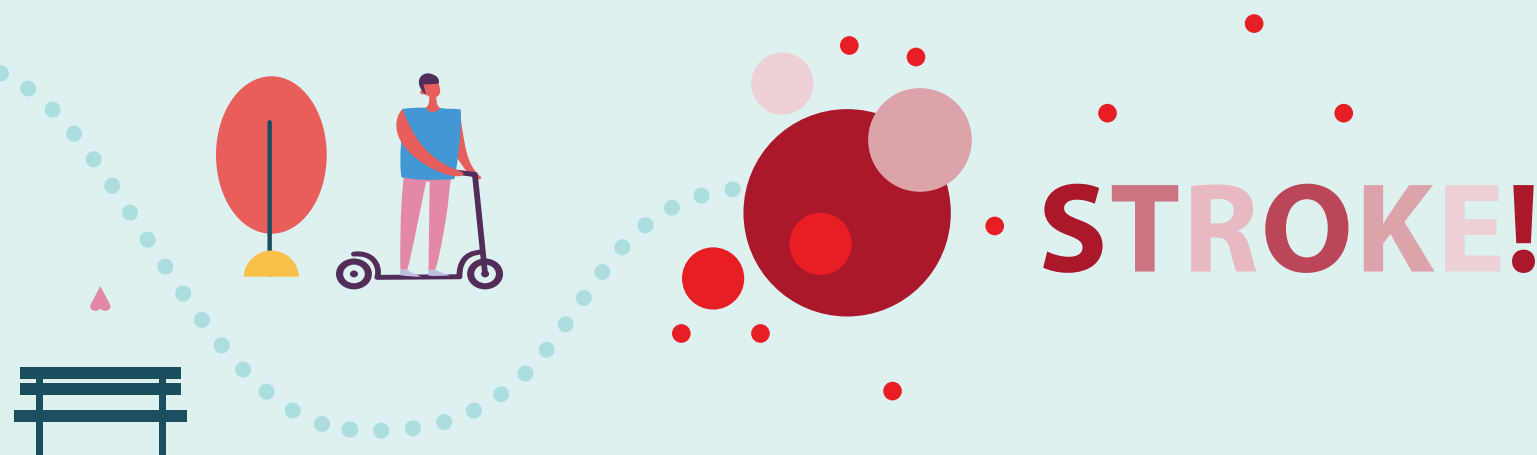


Did you know your brain makes up only 2% of your body weight, but it uses 20% of the oxygen you breathe? Your brain controls your movements and thoughts, stores your memories, and is the source of your emotions and language. It also controls many bodily functions we take for granted, like breathing and digestion.

Your brain needs oxygen to work properly. It receives oxygen from your arteries, which deliver oxygen-rich blood throughout your brain. When something blocks blood supply to part of the brain, or when a blood vessel in the brain bursts, brain cells begin to die within minutes, and you experience a stroke. A stroke can cause lasting brain damage, long-term disability or even death.

**Understanding the types and signs of stroke, actions to take when a stroke hits and steps to reduce your risk can be a life saver.**

**if you have a stroke, or someone near you does,  
do you know what to do?**



## Signs and symptoms of stroke

By knowing the signs and symptoms of a stroke and taking quick action, you may be able to save a life – even your own! No matter how mild or severe, all these signs come on very suddenly:

- Numbness or weakness in the arms, legs or face – *especially on one side of the body*
- Trouble seeing in one or both eyes
- Confusion, trouble speaking or difficulty understanding speech
- Trouble walking, dizziness, loss of balance or lack of coordination
- Severe headache with no known cause

The Centers for Disease Control and Prevention offers

### The “ABCS” of stroke prevention

#### ASPIRIN

Aspirin may help lower your risk for stroke.\*

#### BLOOD PRESSURE

High blood pressure is the leading cause of stroke.

#### CHOLESTEROL

Keep your cholesterol in check.

#### SMOKING

If you smoke, quitting will benefit your overall health.

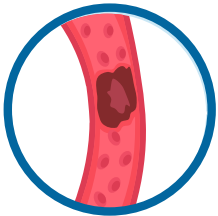
\* No medicine is risk-free. Some over the counter (OTC) medications can interfere with other medications or affect certain medical conditions. As with all medicine, OTC medications can also have side effects. Read package directions and be sure you understand all directions and precautions before taking. Follow your doctor's advice about medicine use — and ask your doctor or pharmacist if you have any questions or concerns.

**If you suspect someone  
is having a stroke,**

# ACT FAST!

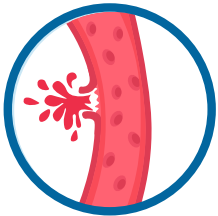
Stroke treatments that work best are only effective if the stroke is recognized and diagnosed **within three hours of the first symptoms.**

## There are three types of stroke



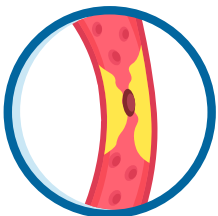
### Ischemic stroke

Approximately 87% of strokes are ischemic. This type occurs when blood supply to the brain becomes blocked. Blood clots are often the cause.



### Hemorrhagic stroke

A hemorrhagic stroke occurs when an artery in the brain leaks blood or ruptures. When this happens, tissues in the brain are flooded with blood. High blood pressure and aneurysms can lead to this type of stroke.



### Transient ischemic attack

Sometimes called a **“mini stroke,”** a transient ischemic attack (TIA) happens when blood flow to the brain is blocked for a short time – usually less than five minutes. It’s important to note that more than a third of people who have a TIA and do not get treatment have a major stroke within one year.

## A mini stroke is still a stroke!

When someone experiences a mini stroke, symptoms may go away fairly quickly. Never ignore the fact that something serious just happened. Without medical help, the risk of having a more serious stroke in the future is greater.

F

## FACE

Ask the person to smile.  
Does one side of the face droop?

A

## ARMS

Ask the person to raise both arms.  
Does one arm drift downward?

S

## SPEECH

Ask the person to repeat a simple phrase.  
Are the words slurred or strange?

T

## TIMING

If you see any of these signs call right away!



**CALL 911**

## Evaluating your risk of stroke

Anyone can have a stroke, but **age is one of the most common factors**. The older you are, the higher your chances are of having a stroke. In addition, stroke is **more common in women** than men. **African Americans, Hispanics, American Indians and Alaska Natives also may be more likely to have a stroke.**

**Regardless of age, certain conditions, lifestyle behaviors and family history also play a part in higher chances of stroke.** No, you can't control your age, your underlying conditions or your genetic makeup, but there are lifestyle changes you can make to reduce your risk.

### At-risk conditions

- Previous "mini stroke" (TIA)
- High blood pressure
- High cholesterol
- Heart disease
- Diabetes
- Sickle cell disease

### At-risk behaviors

- Unhealthy diet
- Physical inactivity
- Obesity
- Too much alcohol
- Tobacco use

### Family history

Risk increases with a family history of stroke combined with unhealthy lifestyle choices.

CLICK THE LINK TO TAKE A SHORT QUIZ TO PROVE COMPLETION:  
<https://www.surveymonkey.com/r/TPQWXWX>