

Learn to recognize STROKE

Quick action is the most important factor in treating stroke.

What is a stroke?

A stroke occurs when a blood vessel carrying oxygen to the brain is either blocked by a clot or bursts. When that happens, part of the brain can't get the blood it needs, so brain cells die. Left untreated or treated too late, stroke can be devastating and even fatal.

KNOW WHAT TO LOOK FOR AND BE FAST

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Does the person complain of sudden onset unsteadiness, dizziness or difficulty walking?	Does the person complain of narrowing vision, blurred vision, seeing dark or bright spots?	Ask the person to smile and show their teeth. Is the smile even or lopsided?	Ask the person to raise both arms and hold them straight out. Does one arm drift downward?	Ask the person to repeat a simple sentence. Do words sound slurred or garbled?	When was the person last seen at their "normal" state? Every minute counts.

RISK FACTORS

AGE

The older you are, the more likely you are to have a stroke. Risk doubles each decade after 55.

GENES COUNT

Family history of high blood pressure can lead to stroke.

MEDICAL HISTORY

People who have had a stroke, or have diabetes or A-fib are at a higher risk.

RACIAL/GENDER MARKERS

Women are at higher risk for stroke. So are African Americans, Latinos and Native Americans.

LOWERING YOUR ODDS



Get active!



Eat right.



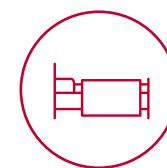
Quit smoking.



Cut down on alcohol.



Get regular checkups.



Get enough rest.



Stay social.



Minimize stress.

Mercy stroke specialists provide immediate and comprehensive care.

Find a Mercy provider at [mercy.net/ActNow](https://www.mercy.net/ActNow)

