

STROKE WARNING SIGNS AND SYMPTOMS



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL



Signs

Stroke Warnings

**★ VERY ★
IMPORTANT**



**80%
of Strokes
are Preventable**



Prevention

- 1). Lowering blood pressure if it is high
- 2). Finding out if one has an irregular heartbeat
- 3). Quitting smoking
- 4). Consuming alcohol in moderation if one consumes it
- 5) Lowering Cholesterol
- 6) Making sure blood sugar levels are under control, especially for those with diabetes
- 7). Exercise daily
- 8). Reducing sodium and fat in one's diet

(F). Face drooping. Does one side of the face droop or is it numb?

(A). Arm Weakness. Is one of their arms weak or experiencing numbness? Ask the person to lift one arm and note if it drifts downward.

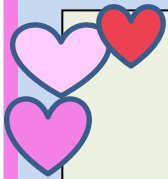
(S). Speech Difficulty. Is the person's speech slurred or hard to understand? Are they unable to speak? Ask the person to repeat a simple sentence like, "The grass is green". Can the person do this?

(T). Time to call 911. If a person shows any of these symptoms- even if the symptoms go away- call 911 and say "I think this is a stroke", to help the person get immediate medical attention. Time is very important when it comes to strokes, so note when symptoms have occurred and let emergency responder know.

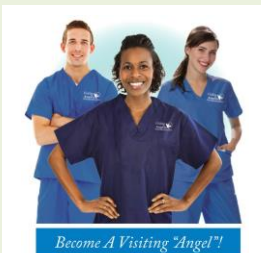


Remember we have buckets of sand for client's homes. Stop by the office to pick them up.

Free Consultations (719) 543-4220. Discover if homecare can help you or your loved one.



If you want a rewarding career..Look no further. Visiting Angels we can help you achieve your career goals while helping others
719.543.4220



We remember the FUN shows like the I LOVE LUCY show.....Good Memories



Get Help for an Aging Loved One

who is a Veteran or the Spouse of a Veteran

Veterans may qualify for assistance. Call our office for more information 719.543.4220

Visiting Angels has been providing non-medical homecare services in Pueblo for 20 years.
Select your Caregiver to match skill and personality
Complimentary Consultation

Birthdays for February

- Melinda February 18th**
- Sonia February 19th**
- Nanette February 23rd**
- Adrienne February 25th**
- Sarah February 27th**



(719) 543-4220 Office

