

# \* News You Can Use

“Each year, nearly 800,000 people in the US experience a stroke. That’s one stroke every 40 seconds.” Nearly 1 in 5 people die from their stroke and many times those who don’t, are left with a disability.

## Act FAST

**Face:** Ask the person to smile. Is their smile asymmetrical or does one side droop?

**Arms:** Ask the person to raise both of their arms. Does one arm drift down more than the other or faster?

**Speech:** Is the person’s speech slurred or strange? Is speech difficult?

**Time:** If you observed any of the above symptoms call 9-1-1 immediately. Time is critical and can affect treatment.

## Types of Strokes

**Ischemic:** Blood is blocked from getting to the brain due to a blood clot

**Hemorrhagic:** A brain aneurysm burst or weakened blood vessel leak causing bleeding

**TIA (transient ischemic attack):** mini stroke



## Recognizing a Stroke

National Stroke Association, 2019

**A stroke can attack anyone at any time and is the fifth leading cause of death in the United States.**

**Recognizing the symptoms could help save your life or someone else's.**

## Symptoms of a Stroke

- Sudden numbness or weakness of face, arm or leg - especially affecting one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden changes to vision - trouble seeing in one or both eyes
- Sudden difficulty with walking, losing balance or dizziness
- Sudden onset of a severe headache