

Know the signs of **STROKE**

F A S T



Are You at Risk?

Strokes can be prevented. You can reduce your risk of having one. Talk to your health care provider about:

- **High Blood Pressure, or Hypertension.** This raises the risk for stroke more than anything else. Ask how you can lower your blood pressure.
- **High Cholesterol.** Work with your health care provider to manage and control your cholesterol.
- **Smoking.** Avoid smoking or quit. Work with your health care provider to successfully quit smoking.
- **Obesity.** Eat in a healthy way and get regular physical activity.
- **Diabetes.** Work with your health care provider to manage and control your diabetes.

"FAST" can help you recall stroke's most common signs and symptoms.

- **F = Face:** Ask the person to smile. Does one side of their face droop?
- **A = Arm:** Can the person raise both arms? Does one arm drift down? Is their arm weak?
- **S = Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or confusing?
- **T = Time:** Time is critical. Very important: Note the time when stroke symptoms first appear. **Call 9-1-1** right away. Anyone who may be having a stroke should let an ambulance drive them to the hospital.

Do you have any of these symptoms? Does someone near you? **Call 9-1-1 now!**

**WORLD STROKE DAY
OCTOBER 29TH**

#1in4 adults will have a stroke, but being active can help decrease your risk.

Fun FOODS

Foods for Halloween can be simple, easy, and fun!

Try cutting bananas with chocolate chip faces or tacos with sour cream/olive eyes. Make yourself a meatloaf shaped like feet!



BOO!

Happy Halloween



719.543.4220



Call to ask our office about our services, complimentary consultation (719) 543-4220.

Thank a Caregiver

2628 N Elizabeth Street, Pueblo, Co 81003

