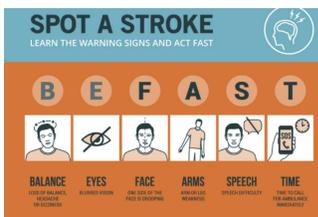


## May is Action on Stroke Month 2025

SSEEO observes Stroke Awareness Month to highlight one of the leading causes of death and disability worldwide. A stroke can happen to anyone, and at any age.

Knowing the signs and risk factors can make a difference.

A stroke occurs when blood flow to the brain is interrupted either by a blockage (ischemic stroke) or a ruptured blood vessel (hemorrhagic stroke). Without oxygen-rich blood, brain cells begin to die within minutes, making it a medical emergency.



### Early Action

Time lost is brain lost. Every minute counts during a stroke, which is why recognizing the warning signs and seeking immediate medical attention is critical.

The acronym **BE FAST** can help you remember what to look for:

**Balance:** sudden loss of balance or coordination

**Eyes:** sudden trouble seeing in one or both eyes

**Face:** facial drooping or numbness, especially on one side

**Arms:** arm weakness or numbness

**Speech:** slurred speech or difficulty speaking

**Time:** call 911 immediately if you notice any of these signs

### Risk Factors

While strokes can happen to anyone, certain factors increase your risk, including:

- High blood pressure
- Smoking
- Diabetes
- High cholesterol
- Obesity
- Family history of stroke
- Atrial fibrillation or other heart conditions
- Sedentary lifestyle
- Excessive alcohol consumption

### Prevention

The good news is that **up to 80% of strokes are preventable.**

Reduce your risk by:

- Monitoring and controlling blood pressure
- Eating a heart-healthy diet
- Exercising regularly
- Avoiding tobacco and limiting alcohol
- Managing stress
- Following up on routine healthcare screenings

## Spread Awareness

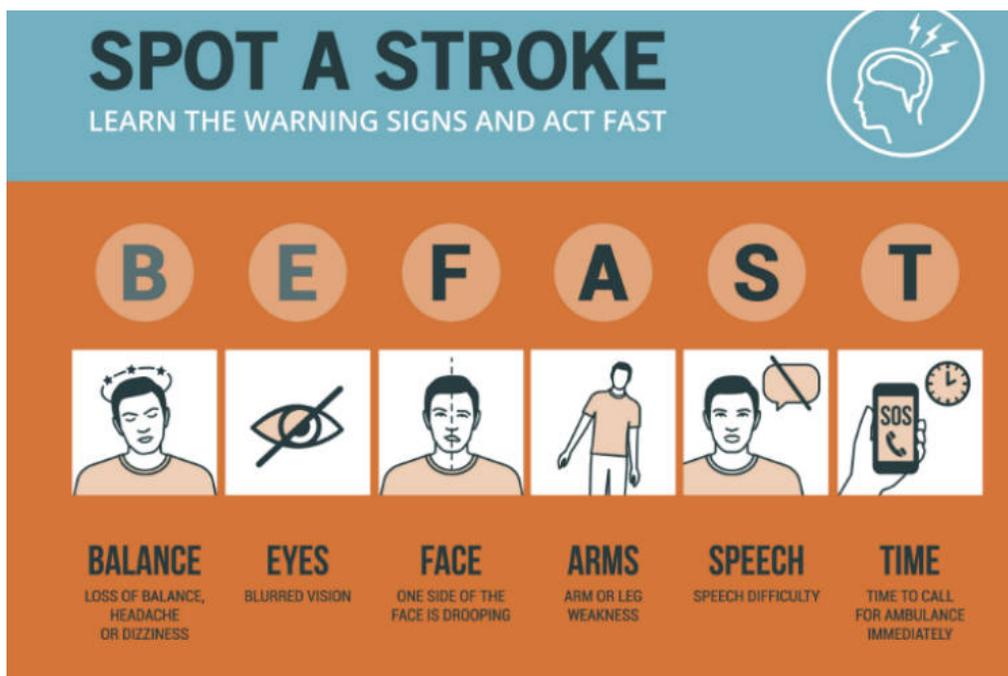
Stroke Awareness Month is more than just a campaign — it is a call to action.

Talk to your loved ones about stroke risks.

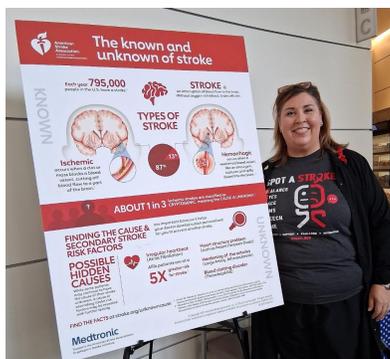
Share the BE FAST acronym.

Encourage regular checkups and healthy habits.

Even one conversation could save a life.



**SSEEО and Northwestern Medicine Lake Forest Hospital (NMLF) host a stroke awareness event to raise awareness of stroke risks and action on prevention.**



**SSEEО**

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**SSEEO Program Flyer**  
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