



Signs of A Stroke

Recognizing the signs of a stroke can save a life - maybe even your own. These emergencies strike quickly, and taking fast action gives the best chance for survival and recovery.

What is a stroke

A stroke happens when blood flow to part of the brain is blocked (by a clot) or when a blood vessel in the brain bursts. Without blood flow, the brain doesn't get the oxygen and nutrients it needs.

- Brain cells begin to die within minutes.
- Strokes can cause problems with speaking, walking, seeing, or even lead to permanent disability or death.

Types of Strokes

There are two main types of strokes:

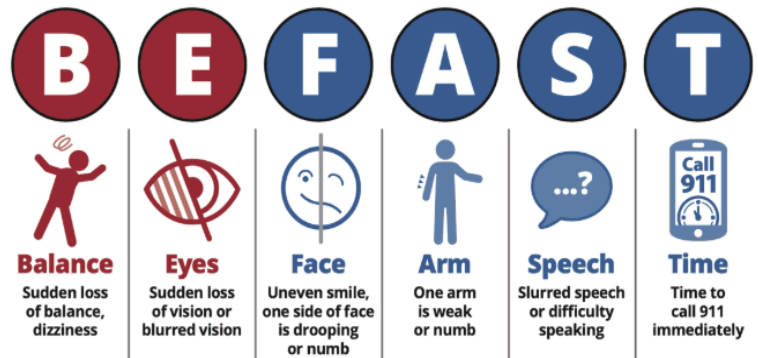
Ischemic stroke: Caused by a blood clot blocking a blood vessel in the brain.

Hemorrhagic stroke: Caused by a blood vessel breaking and bleeding into the brain.



Recognizing the symptoms and getting prompt medical attention is critical.

HOW TO SPOT A STROKE



Quit smoking and limit alcohol – smoking damages blood vessel and alcohol raises blood pressure.



Manage your blood pressure – the leading cause of stroke.

Stay active – get 30 minutes of exercise every day.

Know your numbers – Keep track of your cholesterol, blood sugar, and blood pressure levels.

Eat healthy foods – Choose more fruits, vegetables, whole grains, and less salt and saturated fat.

A stroke is a medical emergency!

The faster someone gets help, the better their chance of recovery.