

Facts about stroke

- Stroke is the third leading cause of death in the United States and the leading cause of adult disability.
- A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

You can beat a stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

Tip: Go in an ambulance!



Save time. Be seen faster.

Produced by Heart Disease and Stroke Prevention and Control Program; Massachusetts Department of Public Health. Made possible with funding from the U.S. Centers for Disease Control and Prevention.

For more information, call 1-800-487-1119 or email heart.stroke@state.ma.us.

Is it a stroke?

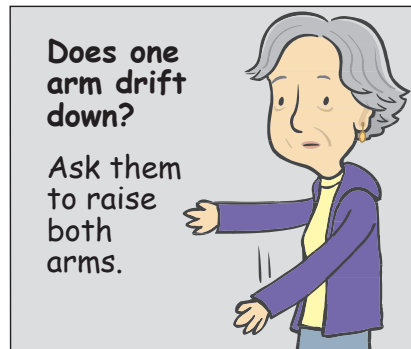
Check these signs **FAST!**



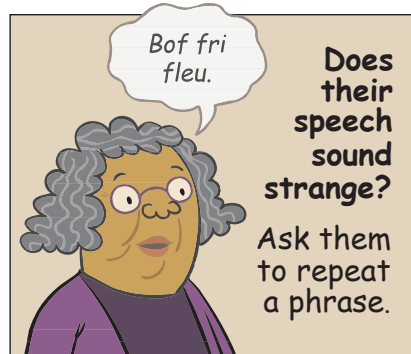
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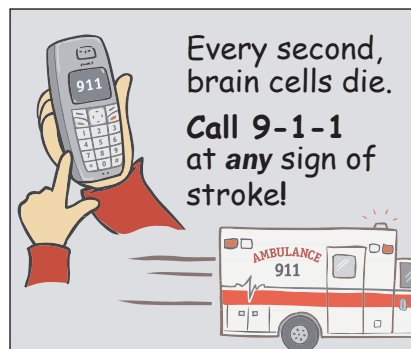
Face



Arm



Speech



Time

Act FAST.
Call 9-1-1 at any sign of stroke!

Risk factors for stroke

Mini-strokes. (transient ischemic attacks or TIAs) When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

High blood pressure. The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

Diabetes. Control the symptoms of diabetes with proper diet, exercise and medication.

Obesity. Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

Smoking. Smoking increases risk of stroke by two to three times.

Another way to remember stroke symptoms

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

Call 9-1-1 at any sign of stroke.