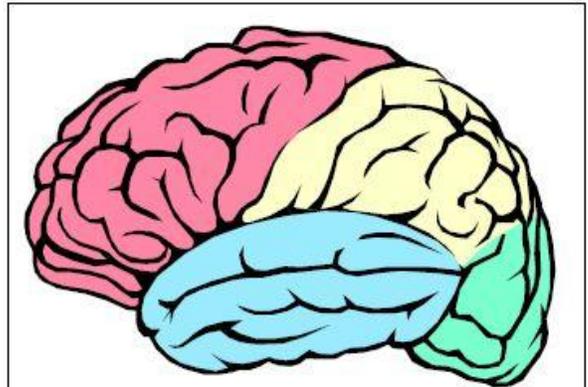


# What is a Stroke?

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Your blood vessels carry oxygen and nutrients to all living cells in your body. A stroke is a serious medical emergency that cuts off the delivery of oxygen and nutrients to the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain either bursts or is blocked by a clot. There are two types of strokes. The most common type of stroke is caused by a blockage, like a blood clot in an artery. Another type of stroke is caused by bleeding in the brain.



The brain is the control center of the human body. It controls your body functions, emotions, memory, and behavior.

During a stroke, 2 million brain cells die every minute. Every second counts! The longer the brain goes without oxygen and nutrients, the more damage the stroke can cause. A stroke can be fatal. If you or someone you know is having any signs of a stroke, dial 911 immediately. Signs of a stroke include: dizziness; loss of vision; sudden and severe headache; weakness, numbness, or paralysis in the face, arm(s), and/or leg(s); difficulty swallowing; difficulty understanding speech; and slurred speech.

In case of a stroke, getting help fast can save a life and lessen long-term damage. The long-term problems of a stroke depend on how bad the stroke is and what part of the brain is damaged. Possible problems from a stroke include death, paralysis, visual impairments, memory problems, speech and language problems, abnormal reflexes, coordination and balance problems, judgment difficulties, and behavior problems.



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# Stroke Fact Sheet

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## What are the signs of a stroke?

- Dizziness
- Loss of vision
- Sudden and severe headache
- Weakness, numbness, or paralysis in the face, arm(s), and/or leg(s)
- Difficulty swallowing
- Difficulty understanding speech
- Slurred speech

## The F.A.S.T. test is an easy way to recognize common signs of a stroke.

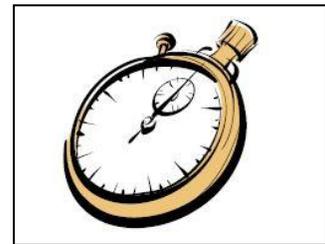
**F**acial weakness – Can the person smile? Does part of his or her face droop?

**A**rm weakness – Can the person raise both arms?

**S**peech difficulty – Can the person speak clearly? Do they understand you?

**T**ime to act fast – Dial 911 immediately!

Remember, every second counts. If you think you or someone you know may be having a stroke, seek medical attention immediately.



## What increases your risk of a stroke?

- High blood pressure
- High cholesterol
- Heart disease
- Drinking too much alcohol
- Diabetes
- Circulation problems
- Previous stroke
- Smoking
- Diets high in sodium & fat
- Being overweight

## The majority of strokes are preventable. What can you and your family members do on a daily basis to prevent a stroke?

- Don't smoke
- Drink alcohol only in moderation
- Have your cholesterol and blood pressure checked at least once a year
- Eat a diet low in sodium & fat
- Exercise and stay active



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