

Identify the WARNING SIGNS OF A STROKE

Understanding and being aware of the warnings signs of a stroke, as well as acting F.A.S.T. could save a life and make recovery easier for the survivor.



F

FACE DROOPING

Is one side of the face drooping? Look at their eye, cheek or lips to check for any unusual asymmetry or droopiness.



A

ARM WEAKNESS

Is the person experiencing arm weakness? Ask them to raise both arms to shoulder height and check for one arm that seems lower than the other.



S

SLURRED SPEECH

Is the person's speech slurred, or are they speaking in an unintelligible way?



T

TIME TO CALL 911

It's time to call 911 or your local emergency services. Be sure to tell them you think it's a stroke.

For more support or assistance,
VISIT: <https://thestrokefoundation.org/>

For questions about
The Stroke Survivor Fund, Email us at
survivorfund@thestrokefoundation.org



Scan QR Code to
visit our website

Stay in touch:

Instagram: [@thestrokefoundation](https://www.instagram.com/thestrokefoundation)

Facebook: [The Stroke Foundation](https://www.facebook.com/TheStrokeFoundation)

Email: info@thestrokefoundation.org

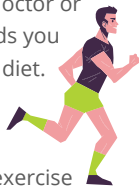
PREVENTION OF A STROKE

There are elements of stroke we can control and others we don't. Those factors that we can control have to do with our lifestyle and certain medical conditions that are preventable and treatable.

LIFESTYLE CHANGES



DIET: High cholesterol is a major risk for stroke, so be sure to eat a balanced diet low in saturated fats and high in fiber. If you are at higher risk for high cholesterol, speak to your doctor or nutritionist about what foods you should be including in your diet.



EXERCISE: 30 minutes of exercise (walking counts!) can be very beneficial to long-term health. Regular physical activity will help keep your blood pressure and cholesterol at healthy levels, give your heart necessary exercise to stay strong, and can be very beneficial for mental wellbeing.

ALCOHOL: Drinking in excess of the healthy limits for men and women can lead to higher blood pressure.

SMOKING: Smokers can have almost twice the risk for stroke than nonsmokers. If you are a smoker, speak to your doctor about what you can do to reduce and eventually quit smoking.

HEALTH CONDITIONS



HIGH BLOOD PRESSURE: Blood pressure is usually silent, doesn't show symptoms, which is why it's important to have it checked regularly. There are medications your doctor can prescribe and certain lifestyle changes you can make to lower your blood pressure.

HIGH CHOLESTEROL: Excessive levels of cholesterol in the blood can lead to blockages in your arteries, so be sure to check your cholesterol every few years. If you currently have high levels of cholesterol, changes in diet and medicine can help you lower your cholesterol.

DIABETES: Keeping your levels of sugar in blood under control are very important for stroke prevention. Speak to your doctor about getting tested for diabetes, and treatment options available to you if you do have diabetes.

HEART DISEASES: Certain heart diseases can have serious implications for stroke, as they sometimes can lead to blood clots forming. Visit a cardiologist and speak to them about treatment options.