

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.

Risk Factors for Stroke

Mini-strokes. 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.

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

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

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

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

Be a stroke hero.

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Learn the signs of stroke.

You could save a life or help prevent a disability.



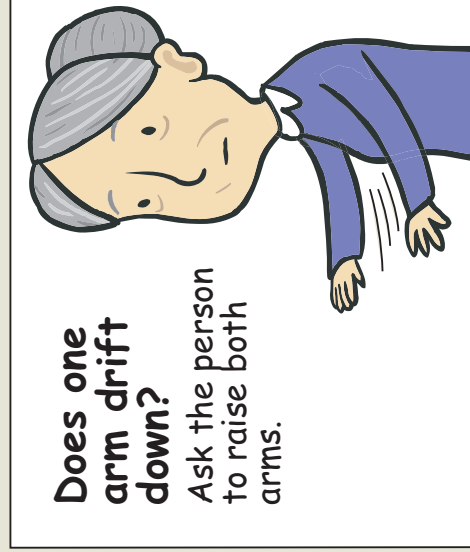
F

Face



A

Arm



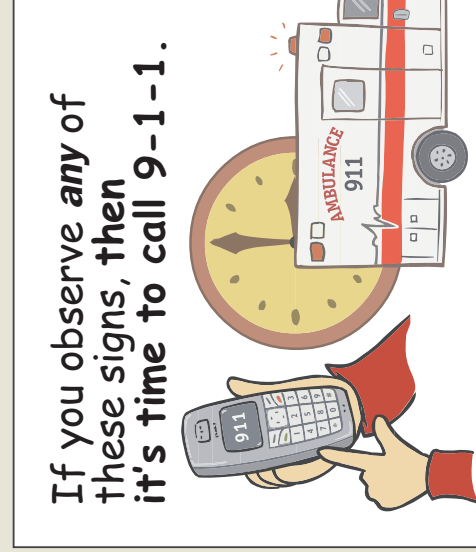
S

Speech



T

Time



Learn these signs of stroke.

Be a hero. Save a life.

Call 9-1-1