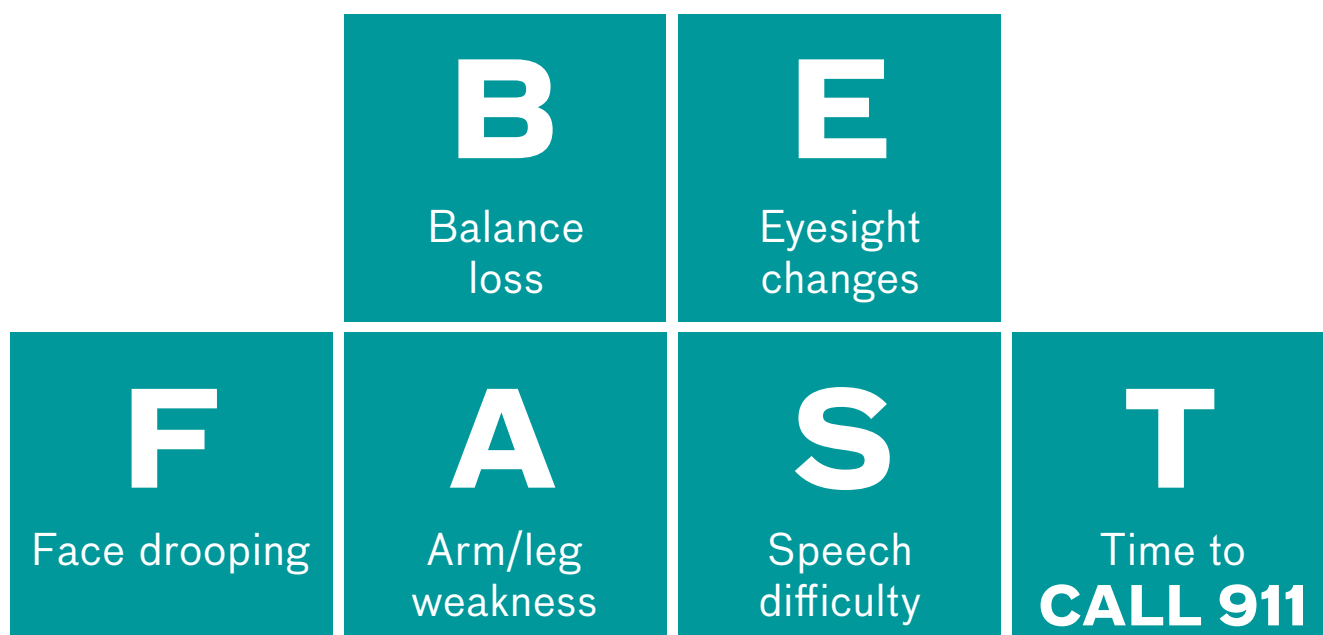


Do You Know the Signs and Symptoms of a Stroke?

Just remember: **BE FAST!**



**SPOT A STROKE?
TREAT A STROKE FAST!
CALL 911**



Atrium Health
Neurosciences Institute

AtriumHealth.org/Stroke

Stroke risk factors you can't change:

- Your age. Risk increases with age.
- Your race. African Americans have more of a risk than Caucasians.
- Your gender. Women have more of a risk than men.
- Your family history.
- History of stroke, transient ischemic attack (TIA) or heart attack.

Stroke risk factors you can change, treat and make better:

- Obesity
- Physical inactivity
- Smoking
- Diet
- High blood pressure
- Diabetes
- High cholesterol
- Irregular heart beat (atrial fibrillation)
- Use of alcohol/illegal drugs

Things you can do to prevent a stroke:

- Monitor your blood pressure.
- Monitor and lower your cholesterol.
- Monitor and control your blood sugar.
- Exercise more.
- Eat healthier.
- Lose weight (if needed).
- Quit smoking.
- Talk to your doctor about medications.