Do You Know the Signs and Symptoms of a Stroke?

Just remember: **BE FAST!**

- **B**alance loss
- **E**yesight changes
- **F**ace drooping
- **A**rm/leg weakness
- **S**peech difficulty
- **T**ime to CALL 911

**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/illega 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.