

# FAST FACTS ON STROKE

*Stroke is the leading cause of disability in the US.*

## WHAT CAUSES A STROKE?

Stroke can be caused either by a clot blocking the flow of blood to the brain or by a blood vessel breaking apart and causing bleeding into the brain.

## KNOW YOUR NUMBERS

- **High blood pressure** is the most important risk factor for stroke. A normal blood pressure is less than 120 over 80, written as 120/80. Your doctor or nurse can do a simple test to see what your blood pressure is and talk to you about ways to improve your blood pressure numbers.
- **High cholesterol** is also a risk factor for stroke. Your provider can order a simple blood test to look at your cholesterol numbers. Your provider will talk with you about your cholesterol numbers and how they impact your risk for stroke.
- **High blood sugar** is another risk factor for stroke. Your provider can order a blood test to check your blood sugar levels. Your provider may also ask you to check your blood sugar levels at home. A normal fasting blood sugar is less than 100.

## KNOW THE WARNING SIGNS

**B.E. F.A.S.T** is an easy way to remember the sudden signs of strokes.



### **B - Balance Loss**

Does the person have a sudden loss of balance or coordination?



### **E - Eye Site Changes**

Does the person suddenly have blurred or double vision or a sudden loss of vision in one or both eyes?



### **F - Face Drooping**

Does one side of their mouth or face droop when the person smiles or shows their teeth?



### **A - Arm Weakness**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



### **S - Speech Difficulty**

Is speech slurred? Is the person unable to speak or hard to understand?



### **T - Time to Call 911**

If someone shows any of these symptoms, even if the symptoms go away, call 911 immediately.

## STROKE PREVENTION

You can help prevent stroke by making healthy lifestyle choices:



- Choose healthy meal and snack options such as fruits and vegetables
- Avoid drinking too much alcohol, which can raise your blood pressure
- Maintain a healthy weight and be physically active

To learn more about stroke care, visit [AtriumHealth.org/Stroke](https://www.atriumhealth.org/stroke)



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