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