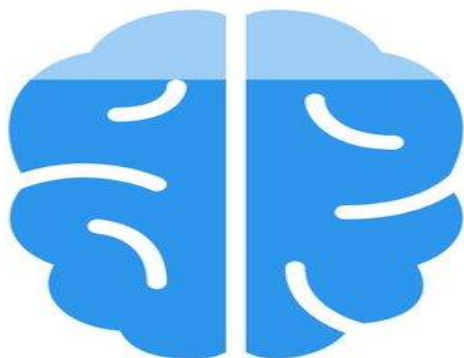




Brought to you by the Holy Family Health Ministry

# STROKE AWARENESS



# 80%

## OF STROKES ARE PREVENTABLE

### STROKE RISK FACTORS



physical inactivity



unhealthy diet



smoking



high blood pressure



## STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.

### WOMEN

Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking or lack of coordination



Severe headache without a known cause



General weakness



Disorientation & confusion or memory problems



Fatigue



Nausea or vomiting



### MEN

Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking or lack of coordination



Severe headache without a known cause



American Heart Association.





Brought to you by the Holy Family Health Ministry

# National Stroke Awareness Month

May is National Stroke Awareness Month.

**F**  
FACE

Does one side of the **face** droop?

**A**  
ARM

Does one **arm** drift downward?

**S**  
SPEECH

Does the **speech** sound slurred or strange?

**T**  
TIME

If you observe any of these signs, **call 911.**

## STROKE BY THE NUMBERS

Every **40 seconds** someone has a stroke



55,000



About 55,000 more women than men have a stroke each year



**1 in 4**

strokes are in people who have had a previous stroke

**#5**

Cause of death in the USA



**80% OF ALL STROKES CAN BE PREVENTED**



Together to End Stroke™

life is why™

## STROKE! GOLDEN HOURS



**10 minutes**

Some brain regions (red) already are irreversibly lost.



**1 hour**

More time elapses, more brain tissue dies. Urgent treatment could still limit the disability.



**3 hours**

The window is closing. Treatment at this time may result in moderate disability.



**6 hours**

Without treatment, all at-risk tissue has died; the unfortunate result may be severe disability.