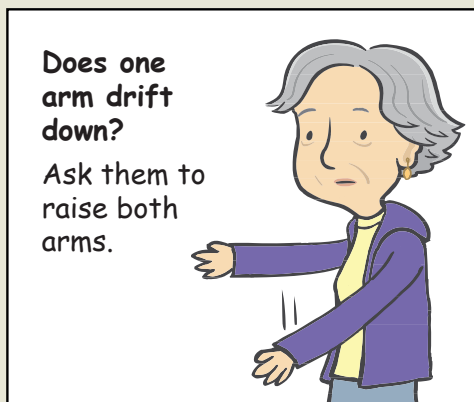


# Signs of Stroke:

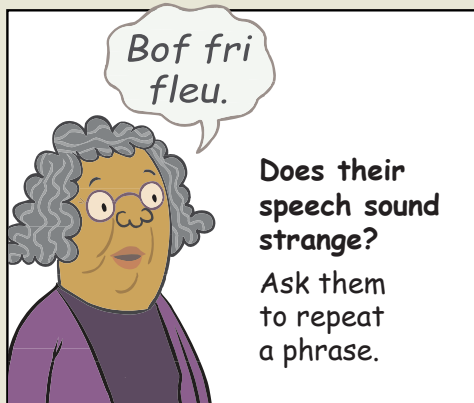
**F**ace



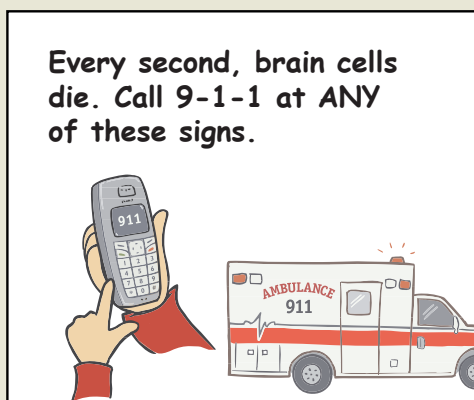
**A**rm



**S**peech



**T**ime



## Is it a stroke?

If you or someone you know may be having a stroke,  
Act **FAST!**

## Call 9-1-1 at ANY sign of a stroke!



## Risk Factors for Stroke

### Mini-strokes.

(transient ischemic attacks or TIAs)

When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

### High blood pressure.

The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

### Diabetes.

Control the symptoms of diabetes with proper diet, exercise and medication.

### Obesity.

Excess weight puts a strain on the entire circulatory system. It can also make people more likely to have high cholesterol, high blood pressure and diabetes, all of which can increase stroke risk.

### Smoking.

Smoking increases risk of stroke by two to four times.

## Another Way to Remember Stroke Symptoms:

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache with no known cause

## You Can Beat a Stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

## Tip: Go in an ambulance!



## Save time. Be seen faster.

For more information, visit [www.mass.gov/stroke](http://www.mass.gov/stroke)

**Call 9-1-1**  
**at ANY sign of a stroke!**

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

