

What is a Stroke?



What is a stroke?

- ▶ A stroke occurs when one or more of the blood vessels in the brain becomes blocked or ruptures.
- ▶ Without oxygen from the blood stream, the brain tissue begins to die.
- ▶ A stroke occurs every 40 seconds somewhere in the United States.

What are the signs of a stroke?



- ▶ Stroke symptoms appear quickly and without warning, so it is important to know what to watch for:
 - ▶ Severe headache
 - ▶ Confusion
 - ▶ Numbness, tingling, or weakness
 - ▶ Loss of balance or coordination
 - ▶ Vision changes
 - ▶ Trouble speaking
 - ▶ Loss of movement in face or limbs, especially on only one side of the body.
- ▶ If you or a loved one experiences one or more of these symptoms, call 9-1-1 **immediately**.

How to reduce your risk



- ▶ Adopt a healthy lifestyle with regular exercise and healthy diet.
- ▶ Lower your blood pressure and cholesterol to healthy levels.
- ▶ If you smoke, set a plan to quit and follow through with it.