

DID YOU KNOW?

There are 795,000 new or recurrent strokes each year? That means that someone is having a stroke every **40 seconds!**



WHAT IS A STROKE?

Ischemic Stroke

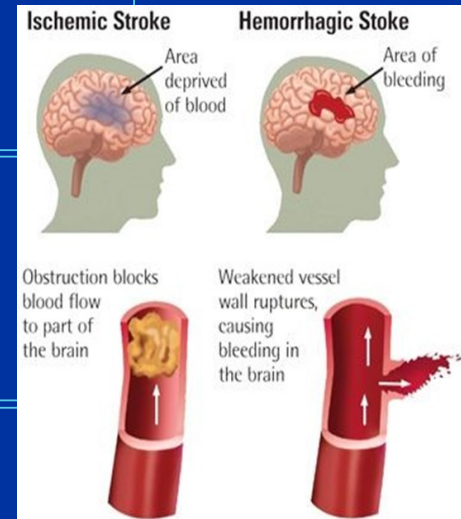
- caused by a clot/blockage inside the blood vessel, creating a barrier for blood to reach the brain.

Hemorrhagic Stroke

- caused by a rupture (of a blood vessel or an aneurysm) which causes blood to leak into the brain.

Transient Ischemic Attack

- caused by the same thing as ischemic stroke, but is temporary. These are warning signs that a stroke is coming!



All stroke types are very serious conditions and require immediate medical attention

UK HealthCare | NORTON HEALTHCARE
STROKE CARE NETWORK

B.E. F.A.S.T. for stroke

If you or someone you know is experiencing symptoms of a stroke that came on suddenly, remember to B.E. F.A.S.T. and **Call 911 IMMEDIATELY!**

BALANCE:
Trouble walking?
Loss of balance or coordination, dizziness.

EYES:
Trouble seeing?
Change in vision in one or both eyes.

FACE:
Smile uneven?
Face looks uneven, droopy or is numb.

ARMS:
Raise both arms. Does one drop?
Weakness or numbness in one arm or leg.

SPEECH:
Trouble speaking or confused?
Slurred or difficult speech.

TIME:
Time lost = Brain lost. Note the time symptoms start and call 9-1-1 immediately.

Another symptom could be an unfamiliar or sudden severe headache.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Health Care.

HOW DO I KNOW IF I AM HAVING A STROKE? B.E. F.A.S.T.!

Stroke kills brain cells!

The average stroke patient loses approximately **1.9 million brain cells** every one minute.

Time is of the essence and seeking immediate care is crucial!

