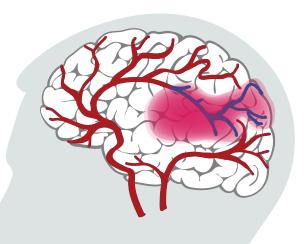
UNDERSTANDING STROKE





What is a STROKE?

- A stroke occurs when a **blood vessel** in the brain is blocked or bursts.
- Without oxygen carried by the blood, the brain begins to die.



A stroke occurs sĕconds in the U.S.

Watch for the **SIGNS**

Stroke symptoms appear quickly and suddenly, so it's important to know the signs and act fast.

- Severe headache & confusion
- Numbness, tingling or weakness
- Loss of balance

- Vision changes
- Trouble speaking
- Loss of movement in face or limbs, especially on one side

If you or a loved one starts to experience one or more of these symptoms, CALL 911 IMMEDIATELY.

Reduce YOUR RISK

Adopt a healthy lifestyle, including **proper diet and exercise**.



Lower your **blood** pressure & cholesterol.

If you smoke, set a plan to quit and follow it!

