



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.**



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!



▶ For more information, visit CardioSmart.org/Stroke