



TRUSTED TIPS
By HomeWell Care Services™

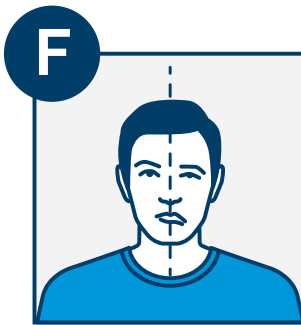
HomeWellcares
COMMUNITY EDUCATION INITIATIVE

Know the Signs and Symptoms of a Stroke

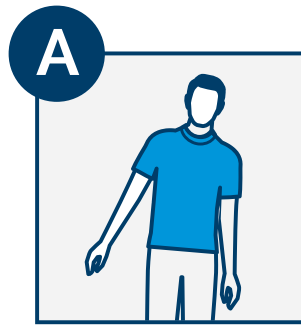
What is a Stroke?

A stroke is a "brain attack". It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain such as memory and muscle control are lost. A stroke is a medical emergency and prompt treatment is crucial. Early action can minimize brain damage and potential complications.

Know when to call 911 by recognizing stroke symptoms and thinking F-A-S-T:



Face
One side of face is drooping



Arms
Sudden numbness or weakness in arms



Speech
Speaking difficulty



Time
If you see any of these signs, call 9-1-1 right away

Stroke Prevention

Many strokes could be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke.



Control Blood Pressure



Lower Cholesterol



Choose Healthy Foods & Drinks



Get Regular Physical Activity



Control Diabetes



Limit Alcohol



Don't Smoke



Control Your Medical Conditions

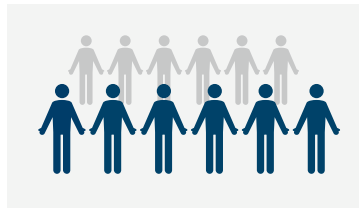


Keep A Healthy Weight

Stroke Facts



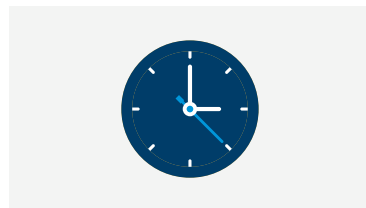
A stroke is a sudden interruption in the blood supply of the brain.



More than 795,000 people every year have a stroke in the United States.¹



Stroke can happen at any age; three-quarters of all strokes occur in people over the age of 65.³



Every 40 seconds someone has a stroke in the United States.¹



1 in 6 people will have a stroke in their lifetime.²



34% of people hospitalized for stroke are below the age of 65.¹

Source: 1: CDC 2: European Society of Cardiology 3: National Library of Medicine

Trusted Tips are provided by HomeWell Care Services as part of HomeWell Cares, our community education initiative. Find out more at homewellcares.com.

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