

## What is a **STROKE**?

- ▶ A stroke occurs when a **blood vessel in the brain is blocked or burst.**
- ▶ **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

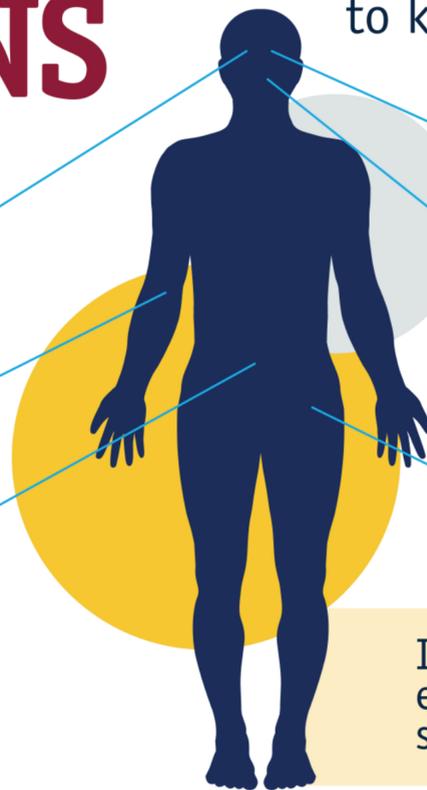
▶ Numbness, tingling or weakness

▶ 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!



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit **[CardioSmart.org/Stroke](http://CardioSmart.org/Stroke)**

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