

STROKE

80% of strokes are preventable. Learn the signs & save a life. Visit www.stroke.org. The National Stroke Association.

- ✓ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ✓ Sudden confusion, trouble speaking or understanding.
- ✓ Sudden trouble seeing in one or both eyes.
- ✓ Sudden Trouble walking, dizziness, loss of balance or coordination.
- ✓ Sudden severe headache with no known cause.

REDUCE YOUR RISK

- ✓ **Control your blood pressure.**
- ✓ **Find out if you have an irregular heartbeat, know as Atrial Fibrillation. (AF)**
- ✓ **Control Diabetes.**
- ✓ **If you smoke, STOP.**
- ✓ **Control Cholesterol.**
- ✓ **Drink alcohol only in moderation.**
- ✓ **Enjoy a lower sodium, low fat diet.**
- ✓ **Ask your doctor about STROKE.**