

SPOT A STROKE.

SAVE A LIFE.



Together
to End Stroke™

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 **Medtronic**

WHAT IS A STROKE?

- **Stroke is a disease that affects the arteries** leading to and within the brain.
- A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).
- When that happens, **part of the brain cannot get the blood** (and oxygen) it needs, so it and brain cells die.



ABOUT STROKES

- Strokes can be **ischemic** (a blockage, 87%) or **hemorrhagic** (a bleed, 13%).
- Sometimes a TIA or transient ischemic attack occurs, also known as a "warning stroke" or "mini-stroke" that produces stroke-like symptoms. If this occurs, call 9-1-1.

A TIA is a medical emergency!

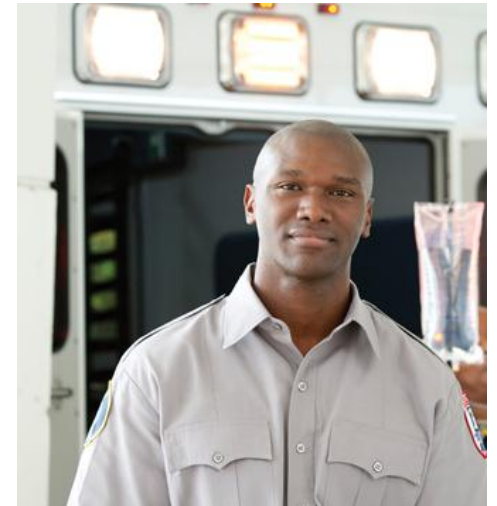
WHY ACTING RIGHT AWAY IS CRITICAL

- The sooner a stroke victim gets to the hospital, the sooner **they'll get lifesaving treatment.**
 - Stroke survivors have the best outcomes when they receive treatment in 4.5 hours or less.
 - A clot-busting drug called tissue plasminogen activator (tPA) **may improve the chances of getting better** but only if they get help right away.



WHY EMS TRANSPORT IS CRITICAL

- EMS professionals are trained to respond to medical emergencies such as a **stroke**.
- Studies show that **calling 9-1-1** and **getting EMS care may improve outcomes** from a stroke.
 - Provide safe, quick transport which often means quicker treatment.
 - EMTs can prep the hospital to be ready for a stroke victim.



**Help us, help you.
Be **ready** for a stroke,
it can save a life.**

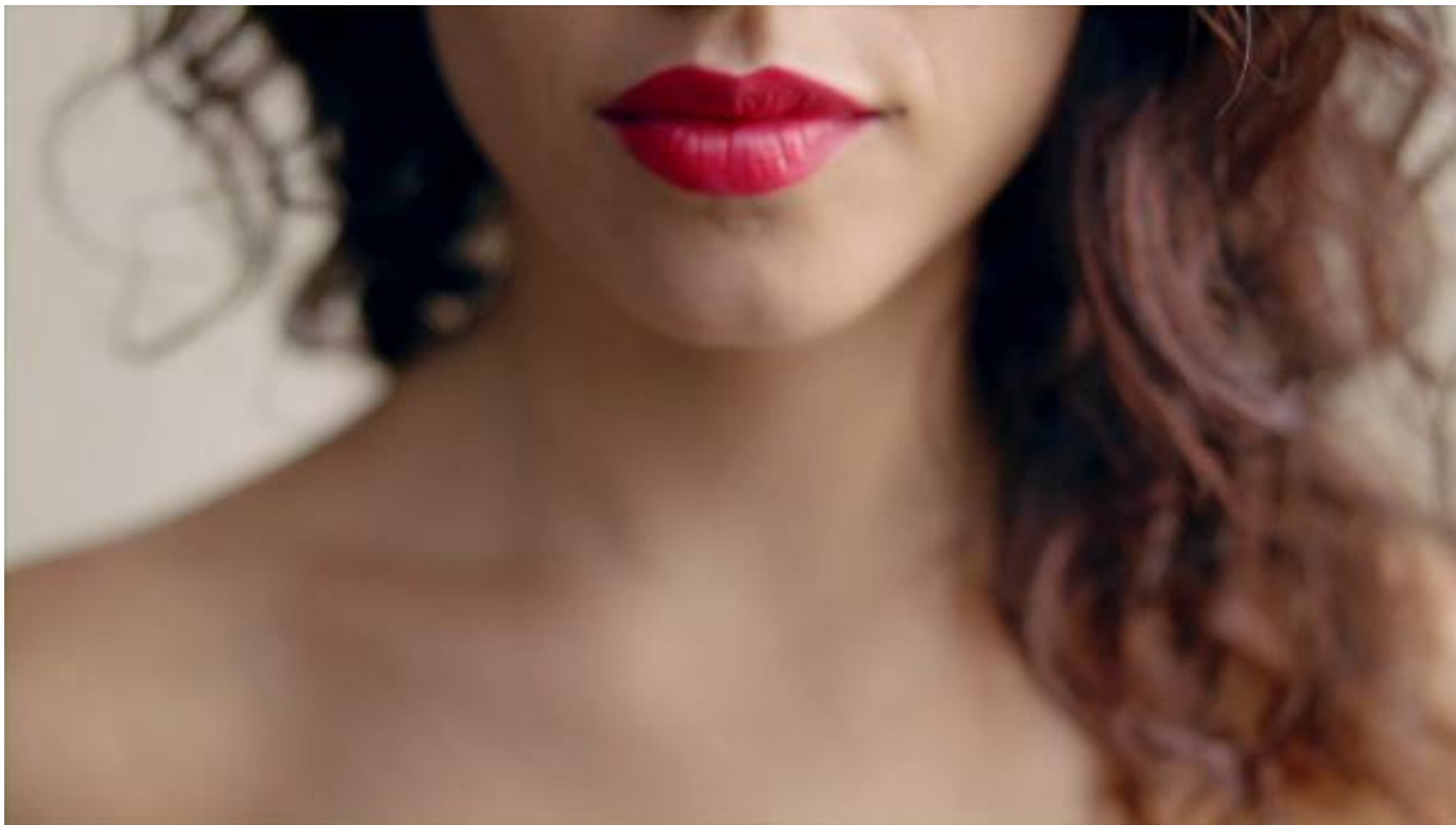
Possibly yours.

SPOT A STROKE F.A.S.T.

- **F.A.S.T.** is an easy way to remember the sudden signs of a stroke.
- When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help.

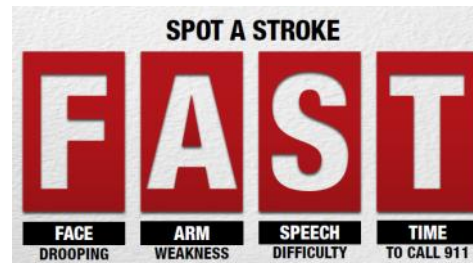


SPOT A STROKE PSA



F.A.S.T. IS

- **F**ace Drooping Does one side of the face droop or is it numb? Ask the person to smile.
- **A**rm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S**peech Difficulty Is speech slurred, are they unable to speak or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **T**ime to call 9-1-1 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



OTHER SYMPTOMS TO LOOK FOR

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause



Sudden trouble seeing
in one or both eyes



Sudden trouble walking, dizziness,
loss of balance or coordination



Sudden, severe headache
with no known cause

WHAT TO DO IF YOU THINK YOU OR SOMEONE ELSE IS HAVING A STROKE

- **Immediately call 9-1-1** or the Emergency Medical Services (EMS) number.
- **Check the time** so you'll know when the first symptoms appeared.

It is important to record what time you recognized stroke symptoms.

You called 911 at:

4:30 pm

LEARN MORE

- StrokeAssociation.org/WarningSigns
- StrokeAssociation.org/Resources

SPOT A STROKE **F.A.S.T.**

It could save a life, possibly yours.

Last year, many of the 795,000 Americans who suffered a stroke did not get the right lifesaving treatment in time. But you can help save lives and improve recovery by thinking F.A.S.T. These simple letters can help you recognize the signs of a stroke and get help right away.



FACE DROOPING — Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

ARM WEAKNESS — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY — Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1 — If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

BEYOND F.A.S.T. — OTHER SYMPTOMS YOU SHOULD KNOW — Sudden numbness or weakness of the leg, sudden confusion or trouble understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or loss of coordination and/or sudden severe headache with no known cause.

StrokeAssociation.org/WarningSigns
1-888-4-STROKE



To help you remember F.A.S.T., download this free mobile application for your phone today.

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