

RECOGNIZING STROKE

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

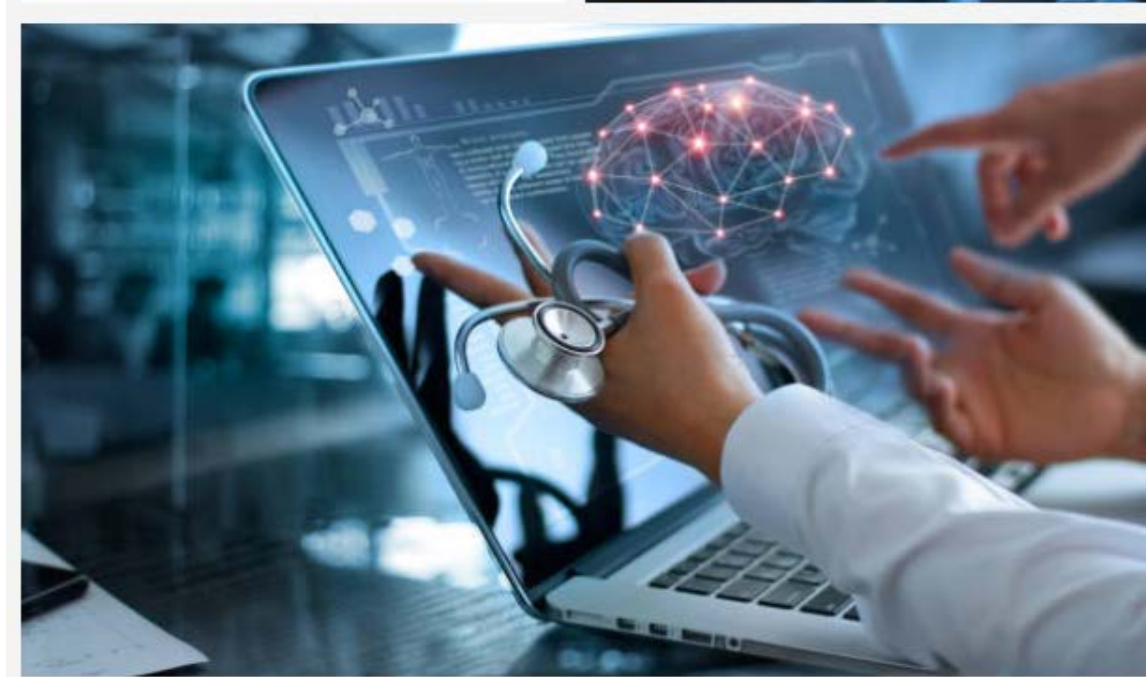
American Stroke Association



YOU AND YOUR BRAIN

YOUR BRAIN:

- HELPS YOU TO UNDERSTAND INFORMATION FROM YOUR SENSES
- RESPONSIBLE FOR THINKING, REMEMBERING, UNDERSTANDING, PLANNING, REASONING, AND PROBLEM-SOLVING



YOUR BRAIN

- ONE OF THE LARGEST AND MOST COMPLEX ORGANS IN YOUR BODY
- MADE UP OF MORE THAN 100 BILLION NERVES
- ALL PARTS OF THE BRAIN MUST WORK TOGETHER TO KEEP YOU FUNCTIONING PROPERLY

F.A.S.T. STROKE FACTS

- STROKE IS A “BRAIN ATTACK”
- STROKE CAN HAPPEN TO ANYONE, AT ANY AGE, AND AT ANYTIME
- TWO MILLION BRAIN CELLS DIE EVERY MINUTE DURING A STROKE
- STROKE IS THE 5TH LEADING CAUSE OF DEATH IN THE U.S. (4TH LEADING CAUSE OF DEATH IN WOMEN)
- LEADING CAUSE OF ADULT DISABILITY

F.A.S.T. STROKE FACTS

- ABOUT 55,000 MORE WOMEN THAN MEN HAVE A STROKE EACH YEAR
- AFRICAN-AMERICANS ARE TWICE AS LIKELY AS WHITES TO HAVE A FIRST-TIME STROKE
- 80% OF STROKES ARE PREVENTABLE (LIFESTYLE CHANGES)
- MEDICAL OPTIONS EXIST THAT MAY REDUCE THE EFFECTS OF STROKE IF ADMINISTERED SOON AFTER THE ONSET OF SYMPTOMS

WHAT IS A STROKE?

- A STROKE OCCURS WHEN ONE OF THE BLOOD VESSELS THAT CARRY BLOOD TO THE BRAIN IS BLOCKED OR BURSTS
- THAT PART OF THE BRAIN DOES NOT GET THE BLOOD THAT IT NEEDS CAUSING BRAIN CELLS TO DIE
- STROKE IS AN EMERGENCY! ACT **F.A.S.T.** AND CALL 9-1-1 IMMEDIATELY!

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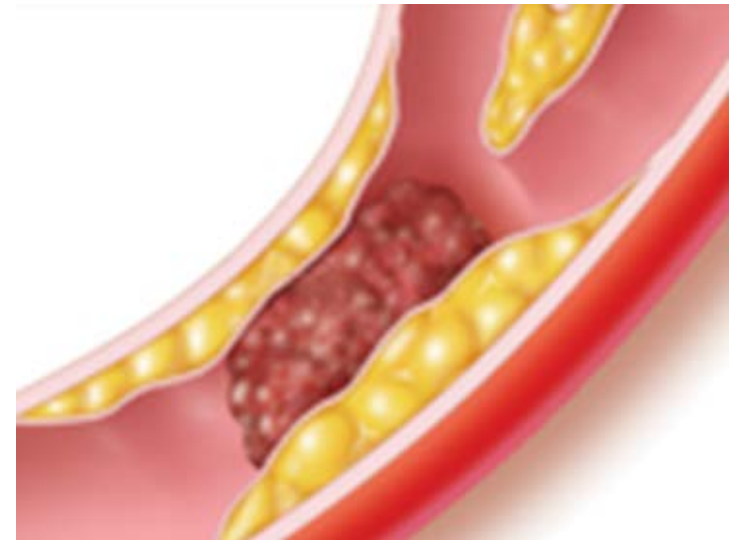
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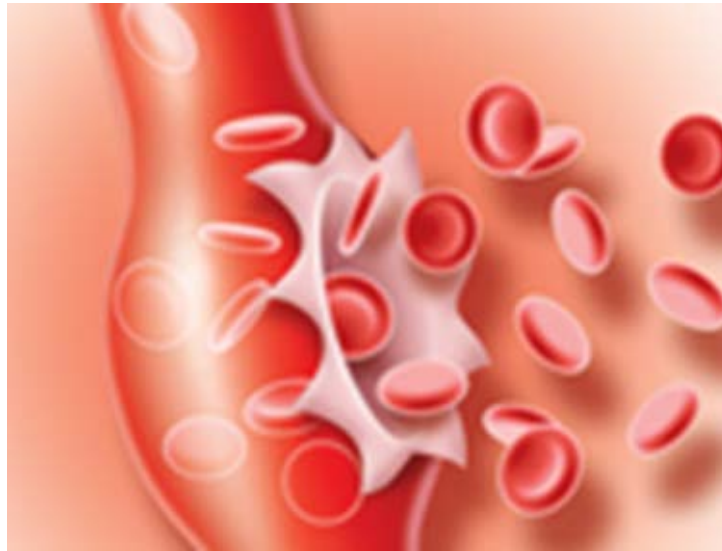
TYPES OF STROKE – ISCHEMIC STROKE

- MOST COMMON TYPE OF STROKE
- OCCURS WHEN ARTERIES ARE BLOCKED BY BLOOD CLOTS OR BY THE GRADUAL BUILD-UP OF PLAQUE AND OTHER FATTY DEPOSITS
- 87% OF STROKES ARE ISCHEMIC



TYPES OF STROKE – HEMORRHAGIC STROKE

- OCCURS WHEN A BLOOD VESSEL IN THE BRAIN BREAKS, LEAKING BLOOD INTO THE BRAIN
- 13% OF STROKES ARE HEMORRHAGIC
- ARE ASSOCIATED WITH A HIGHER RISK OF DEATH THAN ISCHEMIC STROKES



WHY LEARN **F.A.S.T.**?

- TO SAVE LIVES
- EASY TO REMEMBER
- EASY TO TEACH
- REQUIRES QUICK ACTION

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F.A.S.T.

- **F**ACE DROOPING: DOES ONE SIDE OF THE FACE DROOP OR IS IT NUMB? ASK THE PERSON TO SMILE. IS THE PERSON'S SMILE UNEVEN OR LOPSIDED?
- **A**RM WEAKNESS: IS ONE ARM WEAK OR NUMB? ASK THE PERSON TO RAISE BOTH ARMS. DOES ONE ARM DRIFT DOWNWARD?
- **S**PEECH: IS SPEECH SLURRED? IS THE PERSON UNABLE TO SPEAK OR HARD TO UNDERSTAND? ASK THE PERSON TO REPEAT A SIMPLE SENTENCE.
- **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 OF STROKE (SUDDENS)

- SUDDEN NUMBNESS OR WEAKNESS OF FACE, ARM, OR LEG, ESPECIALLY ON ONE SIDE OF THE BODY
- SUDDEN CONFUSION, TROUBLE SPEAKING OR UNDERSTANDING SPEECH
- SUDDEN TROUBLE SEEING IN ONE OR BOTH EYES
- SUDDEN TROUBLE WALKING, DIZZINESS, LOSS OF BALANCE OR COORDINATION
- SUDDEN SEVERE HEADACHE WITH NO KNOWN CAUSE

ACT **F.A.S.T.**

- IF YOU EXPERIENCE ONE OR MORE OF THESE SYMPTOMS OR NOTICE THEM IN SOMEONE ELSE, EVEN FOR A SHORT TIME, CALL 9-1-1
- MEDICAL OPTIONS EXIST THAT MAY REDUCE THE EFFECTS OF STROKE
 - Time is of importance, as treatment must be administered soon after the onset of symptoms
- STROKE STRIKES **F.A.S.T.** – YOU SHOULD TOO!

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**American
Stroke
Association.**
A division of the
American Heart Association.

TRANSIENT ISCHEMIC ATTACK (TIA)

- AN EPISODE, SOMETIMES CALLED A MINI-STROKE
- SYMPTOMS CAN BE TEMPORARY OR MAY COME AND GO
- TIA GENERALLY DOES NOT CAUSE PERMANENT BRAIN DAMAGE
- TIA CAN BE A SERIOUS WARNING SIGN OF STROKE AND SHOULD NOT BE IGNORED
- SYMPTOMS OF TIA AND STROKE ARE BASICALLY THE SAME

EFFECTS OF STROKE

THE EFFECTS OF STROKE DEPEND ON VARIOUS FACTORS:

- THE REGION OF THE BRAIN THAT WAS AFFECTED
- THE SIZE OF THE AREA THAT WAS DAMAGED BY THE STROKE
- THE FUNCTIONS THAT THE DAMAGED AREA CONTROLLED

RISK FACTORS THAT CANNOT BE CONTROLLED

- AGE: WHILE STROKES CAN OCCUR AT ANY AGE, RISK INCREASES OVER 55 YEARS OF AGE
- FAMILY HISTORY: STROKES APPEAR TO HAVE A GENETIC LINK; YOU ARE AT A HIGHER RISK IF AN IMMEDIATE FAMILY MEMBER HAS HAD A STROKE
- RACE AND ETHNICITY



RISK FACTORS THAT CANNOT BE CONTROLLED

- GENDER: WOMEN HAVE A LOWER RISK THAN MEN BEFORE MENOPAUSE, BUT MORE WOMEN THAN MEN DIE OF STROKE
- PRIOR STROKE OR TRANSIENT ISCHEMIC ATTACK (TIA):
 - A person who has had one or more TIA(s) is almost 10 times more likely to have a stroke than someone of the same age and sex who hasn't.
 - If you had a stroke, it means you are at a greater risk for another stroke – almost 1 in 4 will experience a recurrent stroke.



MEDICAL RISK FACTORS

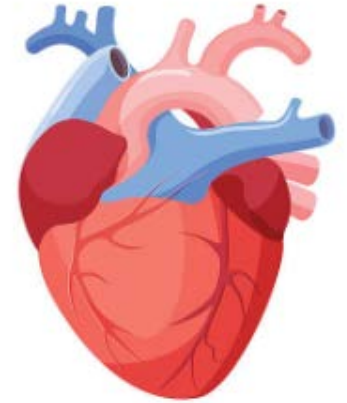
- **HIGH BLOOD PRESSURE:** A MEASUREMENT OF 130/80 MM HG AND ABOVE IS CONSIDERED HIGH BLOOD PRESSURE
- **DIABETES:** HAVING DIABETES MORE THAN DOUBLES YOUR RISK OF STROKE. HIGH BLOOD GLUCOSE INCREASES PLAQUE BUILDUP IN YOUR ARTERIES.
- **CHOLESTEROL:** BUILDUP OF FATTY DEPOSITS AND OTHER CELLS IN ARTERY WALLS.



HbA1C			
FBS/Glucose			mg/dL
Lipid Profile			
- Cholesterol	320 H		mg/dL
- Triglyceride	265 H		mg/dL
- HDL-C	72 H		mg/dL
- LDL-C	220 H		g/dL
- Total protein			g/dL
			mg

MEDICAL RISK FACTORS

- CIRCULATION PROBLEMS: STROKES CAN BE CAUSED BY BLOCKAGE IN YOUR ARTERIES AND VEINS THAT CARRY BLOOD THROUGH YOUR HEART TO YOUR BRAIN.
- ATRIAL FIBRILLATION (AFIB): AFIB INCREASES STROKE RISK FIVEFOLD.



LIFESTYLE RISK FACTORS

- QUIT TOBACCO USE AND SMOKING: CURRENT SMOKERS HAVE A 2 TO 4 TIMES INCREASED RISK OF STROKE COMPARED TO NONSMOKERS OR THOSE WHO HAVE QUIT SMOKING MORE THAN 10 YEARS AGO.
- ELIMINATE OR REDUCE ALCOHOL USE: HEAVY DRINKING CAN INCREASE YOUR RISK FOR STROKE. THE RECOMMENDATION IS NO MORE THAN 2 DRINKS PER DAY FOR MEN AND NO MORE THAN 1 DRINK PER DAY FOR NON-PREGNANT WOMEN.



LIFESTYLE RISK FACTORS

- INCREASE PHYSICAL ACTIVITY: PHYSICAL ACTIVITY CAN HELP REDUCE STROKE RISK; A BRISK 30 MINUTE WALK EACH DAY CAN IMPROVE DAILY HEALTH (THAT IS JUST 15 MINUTES EACH WAY!).
- MAINTAIN A HEALTHY WEIGHT: OBESITY AND EXCESSIVE WEIGHT CAN PUT A STRAIN ON THE ENTIRE CIRCULATORY SYSTEM.



LIFESTYLE RISK FACTORS

- EAT A HEALTHY DIET:
 - Rich in fresh fruit and vegetables
 - Limit salt intake
 - Avoid fried foods
 - Avoid snacking



F.A.S.T.

- THINK AND ACT **F.A.S.T.** TO SAVE A LIFE
- CALL 9-1-1 IMMEDIATELY
- IMPROVE SURVIVAL AND RECOVERY

F.A.S.T.

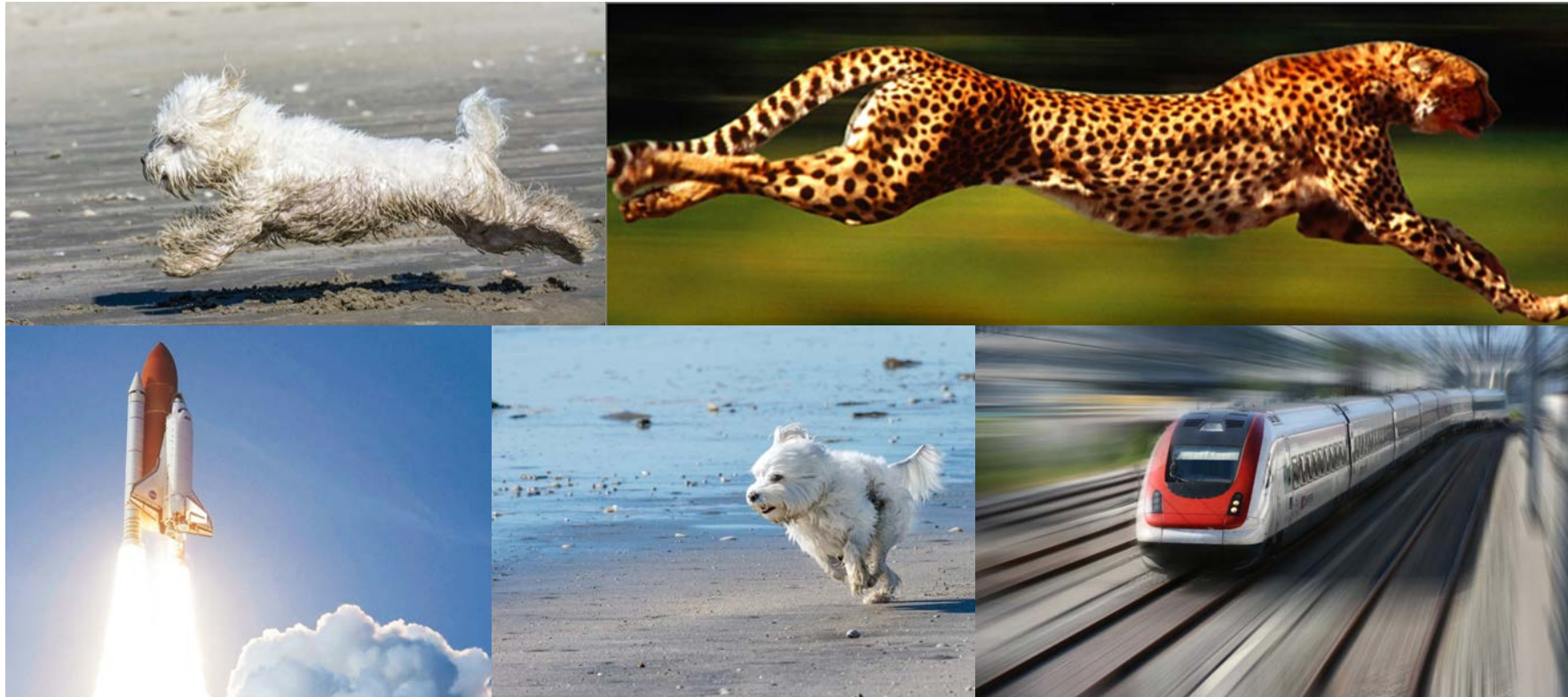
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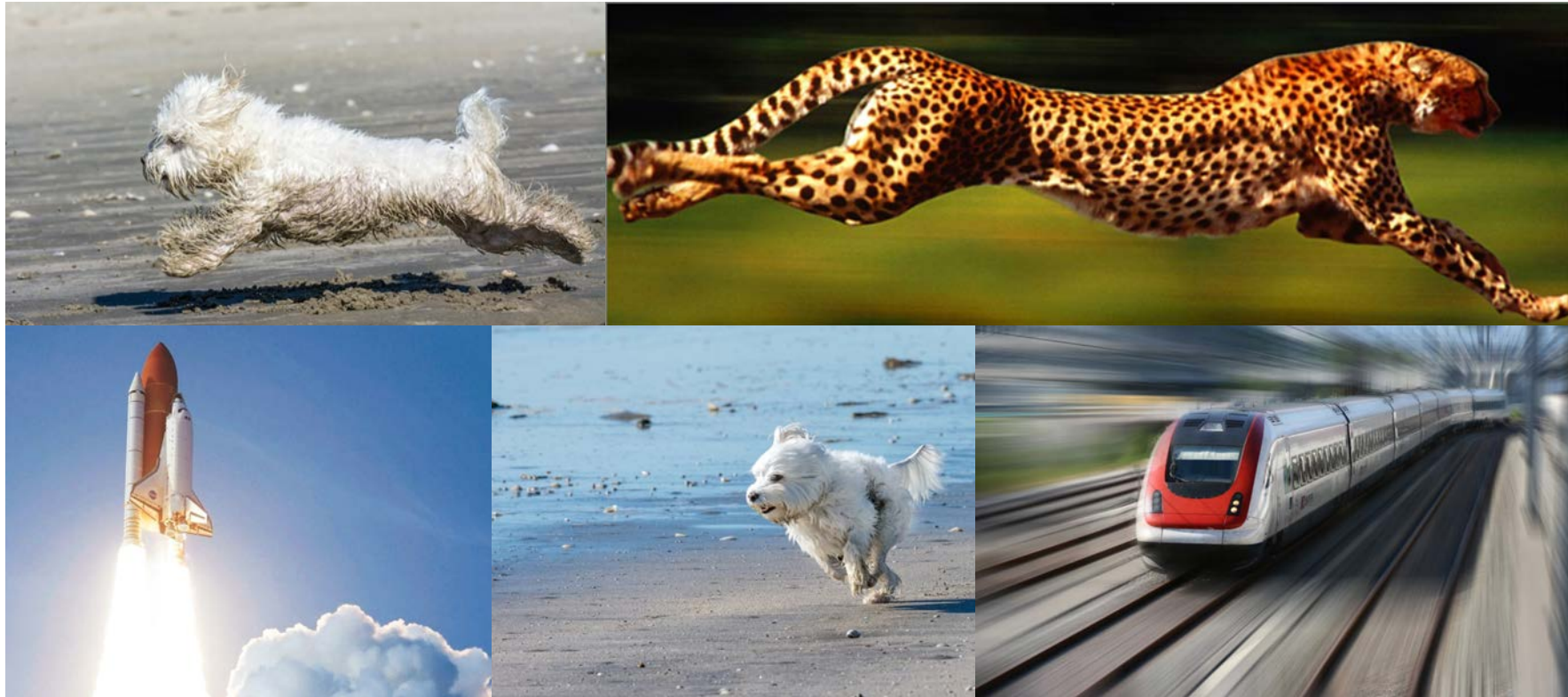
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WHAT DO THESE PICTURES HAVE IN COMMON?



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F.A.S.T.



WHY TEACH FAST?

- THE MEDICAL TEAM CAN ACT FAST
- ONCE YOU REACH THE HOSPITAL, THE TEAM WILL DETERMINE WHAT TYPE OF STROKE IT IS
- IF YOU ARE DIAGNOSED WITH A STROKE CAUSED BY A BLOOD CLOT, YOU MAY RECEIVE TREATMENT
- THE MEDICATION CAN ONLY BE GIVEN SOON AFTER THE ONSET OF SYMPTOMS

DISCUSSION QUESTIONS

- DO YOU KNOW SOMEONE WHO HAS SURVIVED A STROKE?
- HOW CAN YOU RECOGNIZE STROKE WHEN IT HAPPENS?
- WHY IS TIMING SO IMPORTANT WHEN RESPONDING TO AND TREATING STROKE?
- WHAT PERCENTAGE OF STROKES CAN BE PREVENTED?
- WHICH MEDICAL CONDITIONS SHOULD BE TREATED IN ORDER TO REDUCE THE RISK OF STROKE?
- WHAT TYPES OF SMALL CHANGES CAN YOU IMPLEMENT IN YOUR LIFE TO REDUCE YOUR RISK FOR PRIMARY OR SECONDARY STROKE?

FOR MORE INFORMATION VISIT
[STROKEASSOCIATION.ORG](https://strokeassociation.org)