Stroke: Compromised blood flow or bleeding in the brain; brain emergency

Awareness:
80 % of strokes are preventable
⅙ will have a stroke during their lifetime
It can affect any age

How can you prevent a stroke:
BP control
Cholesterol control
Diabetes control
Stop smoking
Eat healthy
Exercise regularly
Avoid drinking excessively
Treat sleep apnea
Maintain healthy weight

Signs:
B = Poor balance
E = Eye problems, double vision, difficulty seeing
F = Facial droop
A = Arm or leg weakness or numbness
S = Speech difficulty
T = Time to call 9-1-1

Timely call to 9-1-1 gives you the best chance of getting treated quickly and avoiding severe disability or death

Do not second guess, if you suspect that you might be having a stroke, call 9-1-1 immediately

Many modern treatments are available to open up blocked arteries, and treat bleeding blood vessels in the brain

If you suspect you might be having a stroke, Call 9-1-1