



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

Together to End Stroke®

Stroke Quick Guide



What to do *instead* of having another **stroke**.

WHEN STROKE STRIKES EVERY SECOND COUNTS.

A stroke is always a medical emergency. The longer it goes untreated the greater the chances of lasting damage. Time lost is brain lost. Learn to recognize the signs of a stroke using the letters **F-A-S-T**.

F.A.S.T.

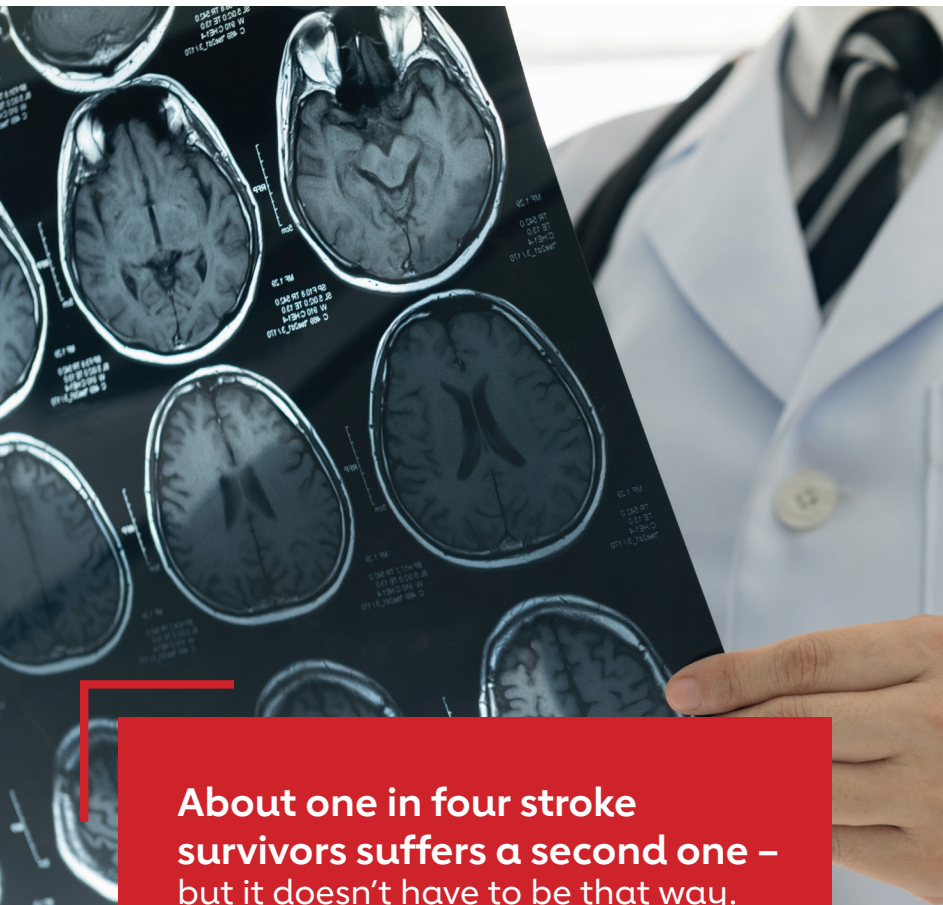
Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 998

[stroke.org](https://www.stroke.org)



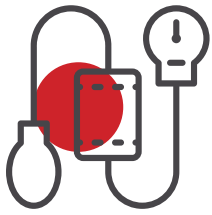
About one in four stroke survivors suffers a second one – but it doesn't have to be that way. Reduce your risk. Work with your doctor to create a secondary stroke prevention plan and stick with it.

PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Know the cause of my stroke
- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Be involved in my treatment plan decisions
- Take medications as prescribed
- Join a program that includes exercise, education and counseling

High blood pressure *increases* risk of stroke.



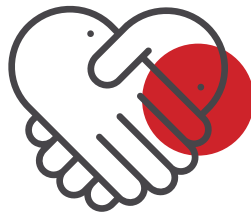
NORMAL BLOOD PRESSURE
is below

120/80

At age 50, people without high blood pressure have **A LIFE EXPECTANCY**

5 YEARS LONGER

than people with high blood pressure.³



STROKE OCCURS WHEN A BLOOD VESSEL TO THE BRAIN IS BLOCKED OR BURSTS.

Blood and oxygen flow are interrupted, and brain cells begin to die.

Have your blood pressure checked and keep it in check to

REDUCE YOUR RISK OF STROKE.



People with

HIGH BLOOD PRESSURE have a significantly **HIGHER RISK OF STROKE.**¹

80%
OF STROKES

may be *prevented.*²



More than

30%

of adults in the Middle East with high blood pressure **DON'T KNOW THEY HAVE IT.**³

Together to End Stroke™ before it happens. For more information, visit heart.org/HBP

Signs & Symptoms of Stroke

Stroke survivors are at an increased risk for another stroke. Knowing the warning signs for stroke may help save your life or the life of someone you love. And, getting quick treatment may improve the chances of survival and getting better faster.

The signs or symptoms of a stroke can appear suddenly. Not every person has all of them. When you see ANY of them, act quickly.

The signs or symptoms of a stroke are:

- 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

If stroke warning signs occur:

- Do not ignore them, even if they go away! Some people may have only one or two signs. Other people may have more.
- Check the time when the symptoms first started. You will be asked this important question later.
- Act fast. **Call 998** or your emergency response number right away.

**Stroke is a medical emergency.
Every second counts!**

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do.

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



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