



80% OF STROKES
ARE PREVENTABLE

STROKE

THE NUMBER 5 CAUSE OF DEATH
and a leading cause of disability
in the UNITED STATES

FAST ASSESSMENT

Face

Ask person to smile; look for facial droop and uneven smile.

Arms

Ask person to raise both arms.
Can he/she do it evenly?

Speech

Ask person to say a simple sentence. Listen for slurred speech.

Time

CALL 911 and get to the hospital immediately!

RECOGNIZE SYMPTOMS AND GET
TO A HOSPITAL IMMEDIATELY

SYMPTOMS



Sudden numbness or weakness
in the face, arm or leg
(especially on one side of the body).



Sudden confusion or trouble
speaking or understanding speech.



Sudden vision problems in
one or both eyes.



Sudden difficulty walking or
dizziness, loss of balance or
problems with coordination.



Severe headache with
no known cause.

KNOWING YOUR STROKE RISK is the first step in prevention.

HAVE REGULAR CHECKUPS, AND TALK WITH YOUR HEALTHCARE PROVIDER
ABOUT WHAT YOU CAN DO TO ADOPT A HEALTHIER LIFESTYLE.



Franciscan HEALTH