

# Are you at risk for stroke?

Stroke can be fatal. It's the fifth leading cause of death in the United States. Stroke can also cause serious, long-term disability if not treated immediately.

## Lower your risk:

- Control your blood pressure
- Lower your cholesterol
- Manage diabetes
- Don't smoke
- Exercise regularly; maintain a healthy weight
- Eat a well balanced, low fat, low salt diet
- Limit your alcohol use
- Have regular medical checkups







## Know the signs

Call **911** if you notice sudden:

- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Numbness or weakness of face, arm or leg—especially on one side of body
- Confusion, trouble speaking or understanding
- Severe headache with no known cause

## B.E. F.A.S.T. Beat stroke.

Use this test and act quickly:

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
Balance	Eyes	Face	Arms	Speech	Time
					
Sudden loss of balance or coordination	Sudden trouble seeing out of one or both eyes	Sudden dropping on one side of the face	Sudden weakness in one arm or leg	Sudden trouble with speech or understanding	Time to call <b>911</b>



From our certified stroke centers that provide the highest level of comprehensive stroke care, to our CARF-accredited Neuro Rehabilitation Services that provide therapy and recovery support, Spectrum Health is dedicated to stroke patients at every level of care.



**Spectrum Health**

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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