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.

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

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

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.