

SPOT A STROKE.

SAVE A LIFE.

SPOT A STROKE

F A S T

FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911
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 American Heart Association |  American Stroke Association | **Together to End Stroke™**

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 **Medtronic**



About **795,000**
Americans each
year suffer a new
or recurrent
stroke.

Stroke is the
No. **5** cause of
death in the U.S.



37% of all
Americans cannot
accurately identify
even one stroke
warning sign.



Being **ready** for a stroke,
it can save a life.

Possibly yours.

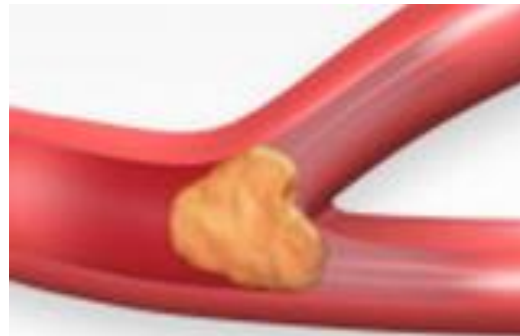
SPOT A STROKE PSA



Video Link: <http://www.youtube.com/watch?v=wH7k5CFp4hI&feature=youtu.be>

WHAT IS A STROKE?

- Stroke is a disease that affects the arteries leading to and within the brain.
- A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).
- When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.



ABOUT STROKES

- Strokes can be **ischemic** (a blockage, 87%) or **hemorrhagic** (a bleed, 13%).
- Sometimes a TIA or transient ischemic attack occurs, also known as a "warning stroke" or "mini-stroke" that produces stroke-like symptoms. If this occurs, call 9-1-1.

A TIA is a medical emergency!

YOU CAN SPOT A STROKE F.A.S.T.

- F.A.S.T. is an easy way to remember the sudden signs of a stroke.
- When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help.



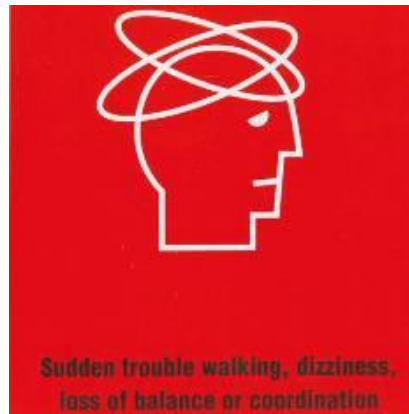
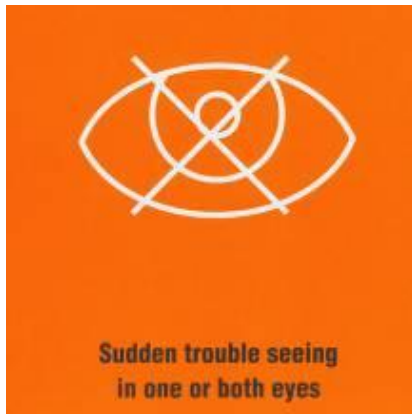
F.A.S.T. IS



- **F**ace Drooping Does one side of the face droop or is it numb? Ask the person to smile.
- **A**rm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S**peech Difficulty Is speech slurred, are they unable to speak or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **T**ime to call 9-1-1 If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

OTHER SYMPTOMS TO LOOK FOR

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause



WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE

- **Immediately call 9-1-1** or the Emergency Medical Services (EMS) number.
- **Check the time so you'll know when the first symptoms appeared.**

It is important to record what time you recognized stroke symptoms.

You called 911 at:

4:30 pm



WHY ACTING RIGHT AWAY IS CRITICAL

- The sooner a stroke victim gets to the hospital, the sooner **they'll get lifesaving treatment.**
- A clot-busting drug called tissue plasminogen activator (tPA) **may improve the chances of getting better** but only if they get help right away.



ADDITIONAL RESOURCES


- StrokeAssociation.org/WarningSigns
- StrokeAssociation.org/Resources



SPOT A STROKE
FAST
FACE ARM SPEECH TIME

It could save a life, possibly yours.

Last year, many of the 795,000 Americans who suffered a stroke did not get the right lifesaving treatment in time. But you can help save lives and improve recovery by thinking F.A.S.T. These simple letters can help you recognize the signs of a stroke and get help right away. Download the app today and remember F.A.S.T.

 FACE DROOPING	 ARM WEAKNESS	 SPEECH DIFFICULTY	 TIME TO CALL 911
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Download this application for your phone at StrokeAssociation.org/WarningSigns

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SPOT A STROKE
FAST
FACE ARM SPEECH TIME

DOWNLOAD FREE APP and Be Ready

CHECK FOR SIGNS THEN CALL 911



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SPOT A STROKE



[StrokeAssociation.org/WarningSigns](https://www.StrokeAssociation.org/WarningSigns)