Power Sunday Toolkit
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Dear Organizer,

The Power Sunday church service is observed in remembrance of people who have survived or died of stroke. We invite you, and churches across the nation, to join us by hosting a Power Sunday service for your congregation.

Please use this Power Sunday Toolkit to host a Power Sunday service, preferably during American Stroke Month in May or any time you deem appropriate throughout the year.

The toolkit includes:

**Power Sunday materials**
- Power Sunday Overview
- Thank You Letter from AHA CEO
- Power Sunday Frequently Asked Questions
- Clergy’s Speech
- Bulletin/Pulpit/Church Announcements
- Power Pledge
- Posters
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**Health Promotion materials**
- Posters/Handouts
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- Recipes
- Children’s/Young Adults’ Infographic
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  - F.A.S.T. Song — Featuring Dee-1 & The Hip Hop Doc
    https://www.youtube.com/watch?v=oyzwfsdd4AE
  - Paul George — The Day
    https://www.youtube.com/watch?v=8x5Mt4V_UMM&feature=youtu.be

Learn More! — Find all the resources you’ll need at empoweredtoserve.org
Power Sunday
Overview

What is Power Sunday?
Power Sunday raises stroke awareness and prevention through the help of churches across the nation. Churches may host a Power Sunday service during American Stroke Month in May or any Sunday of their choice. Educational materials are provided in this toolkit to help guide the activities of the program. Power Sunday incorporates health messaging in churches to empower the community to lead a healthier lifestyle and save lives.

Key messages include:

- **Stroke is the No. 5 cause of death and the leading cause of long-term disability.**
- **African Americans have higher rates of stroke than any other racial or ethnic group in the United States.**

Power To End Stroke is a national initiative, within the American Heart Association/American Stroke Association’s broader EmPOWERED To Serve™ movement. Power To End Stroke celebrates and empowers African American communities to recognize their increased risk of stroke and to take charge of their health by making healthy lifestyle changes to reduce their risk of stroke.

We invite you and your congregation to conduct Power Sunday educational activities on any Sunday of your choice in May (American Stroke Month). If no Sunday in May is available, please recognize Power Sunday on any other Sunday of the year.

Because your church has a diverse membership, we’re providing targeted material to help you encourage individuals to...

1. **Register** for the EmPOWERED To Serve movement at [empoweredtoserve.org](http://empoweredtoserve.org) and **Take the Pledge**.
2. **Take our online Life's Simple 7 Assessment** to learn to control and prevent personal risk factors.
3. **Adopt a healthier lifestyle by utilizing resources found on [empoweredtoserve.org](http://empoweredtoserve.org).**

Thank you for making a difference in your church community. We can save lives through stroke education!
Dear Organizer,

On behalf of the American Heart Association/American Stroke Association and the EmPOWERED To Serve team, we sincerely thank you for your participation and dedication in hosting a Power Sunday.

We are grateful that you took time out of your busy schedule for this important event. We hope that you found your participation in Power Sunday as a useful opportunity to empower your community to lead healthier lives.

Individuals who have survived or died of stroke will be remembered because of you and your community’s involvement with Power Sunday. We appreciate the time and energy you have devoted to this event and we look forward to working with you again in the near future.

Best Regards,

Nancy Brown
Chief Executive Officer
American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
NBrown@heart.org
EmPOWERED To Serve (ETS) is a national movement established to build a sustainable culture of health in multicultural communities across the country.

A campaign designed to raise stroke awareness through the help of churches across the nation.

Churches will host a Power Sunday service on a Sunday during American Stroke Month or any Sunday of their choice to help empower their community to lead a healthier lifestyle. Educational materials will be provided in a Power Sunday toolkit to guide the activities of the program.

For more information, visit:
EmPOWERED To Serve at empoweredtoserve.org
American Stroke Association website at strokeassociation.org
Social media handles: @Power2EndStroke (Twitter) & Power To End Stroke (Facebook)

How can I join the EmPOWERED To Serve cause?
Visit empoweredtoserve.org to register or return the registration cards found within the toolkit to the address below.

Where do I send my EmPOWERED To Serve registration cards?
Please send them to:
EmPOWERED To Serve, Attn: Multicultural Markets,
7272 Greenville Avenue, Dallas, TX 75231

Are there other EmPOWERED To Serve components?
Yes! Visit empoweredtoserve.org to explore the different ways your power can make a difference. These tools include a Family Reunion Toolkit, an interactive Family History Tree, a Food and Beverage Toolkit, and EmPOWERED To Serve Health Lessons.

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**Power Sunday**

**Frequently Asked Questions**

**What is EmPOWERED to Serve?**

EmPOWERED To Serve (ETS) is a national movement established to build a sustainable culture of health in multicultural communities across the country.

**What is Power Sunday?**

A campaign designed to raise stroke awareness through the help of churches across the nation.

**How does the campaign work?**

Churches will host a Power Sunday service on a Sunday during American Stroke Month or any Sunday of their choice to help empower their community to lead a healthier lifestyle. Educational materials will be provided in a Power Sunday toolkit to guide the activities of the program.

**How can I find out more about stroke?**

For more information, visit:
EmPOWERED To Serve at empoweredtoserve.org
American Stroke Association website at strokeassociation.org
Social media handles: @Power2EndStroke (Twitter) & Power To End Stroke (Facebook)

**How can I join the EmPOWERED To Serve cause?**

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Clergy’s Speech

My brothers and sisters, on this Power Sunday, I encourage you to be empowered. There is no better time than now to embrace all that God has prepared for us. One life-changing aspect of an empowered life is taking responsibility for our health.

Scripture reveals God’s concern for our healing and our health. In 3 John 2, the aged disciple of Christ Jesus opens his letter with: “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” (NKJV) In 1 Corinthians 6:19, the apostle Paul also reminds us that our body is “a temple of the Holy Spirit who is in you.” And just as the structural temple in which we sit requires care, so does our human temple. To be in good health and to treat our bodies as a temple means we must be participants, we must be empowered.

It begins with how we eat. In Genesis 1:29, “...God said, See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.” (NKJV) Doctors’ recommendations today affirm and confirm this scripture.

It is also important to know our numbers, which means we must empower ourselves to be informed, to communicate with our healthcare providers, and to track our blood pressure, cholesterol, glucose and weight — and keep them in a healthy range.

Please rise if:

1. You have had a stroke.
2. Someone in your family has suffered a stroke.
3. You are a caregiver or caretaker for a stroke survivor.
4. You have high blood pressure.
5. You or someone in your family has diabetes.

Take a look around. As you can see, stroke is affecting our community at an alarming rate. But it doesn’t have to be this way! You have the power to make at least one change to reduce your risk of suffering a stroke. The American Stroke Association, which is a division of the American Heart Association, will meet you where you are. You can get free information from the American Stroke Association by visiting their website at strokeassociation.org.

I also encourage you to pass this information on to a friend, family member, or neighbor. We must help each other. You never know, you might save someone’s life.

Now, let us take a moment of silence to remember those who have had or died from a stroke.
Power Sunday
Bulletin/Pulpit Announcements

Use this paragraph in your church bulletin or as an announcement after the service to promote your Power Sunday or to increase awareness about EmPOWERED To Serve’s Power To End Stroke campaign.

#1 Use On Sunday

3 weeks before Power Sunday at your church:

May is American Stroke Month, a time to remind people that stroke is a major health threat! Power To End Stroke is a national initiative, within the American Heart Association/American Stroke Association’s broader EmPOWERED To Serve movement. Power To End Stroke celebrates and empowers African American communities to recognize their increased risk of stroke and to take charge of their health to prevent stroke. Join us on ______________ for Power Sunday at ___________________. Take the conversation further by learning more about EmPOWERED To Serve, a national movement established to build a sustainable culture of health in multicultural communities.

Stroke can largely be prevented by educating our communities to make healthier choices. Join in the dialogue to lead systems change in a space near you. Learn more at empoweredtoserve.org.

#2 Use On Sunday

2 weeks before Power Sunday at your church:

This is a reminder that our church is participating in Power Sunday on May ____________ because every 40 seconds someone has a stroke. Don’t let this be you or your loved one. Stay connected to the conversation. Join the movement at empoweredtoserve.org.

#3 Use On Sunday

1 week before Power Sunday at your church:

This is the final reminder that we’re encouraging everyone to attend Power Sunday next Sunday to help raise awareness about stroke and the increased risk that African Americans have for stroke.

Learn your Blood Pressure numbers in preparation for the Power Sunday event.

[Continued on next page]
#4 Use On Power Sunday

Pulpit Announcement

Thank you to everyone who came together to promote Power Sunday and the fight against stroke. How many of you have been personally affected by stroke? Please stand if you are struggling with this disease. Now please stand if you have a family member, loved one, or friend who has been affected by stroke. Look around. See how stroke affects almost every one of us in our community. Turn to your neighbor and say, "Neighbor, I promise to eat vegetables at least twice a day, and walk at least 30 minutes per day because Philippians 4:13 says, “I can do all things through Christ which strengthens me.” Let us come together to support one another and lead healthier lifestyles to prevent stroke.

Power Facts/Messages you may want to include in announcements:

- Every 40 seconds someone in America has a stroke. #POWERSunday
- Heart disease and stroke are the No. 1 and No. 5 causes of death for African Americans. #POWERSunday
- African-Americans are more impacted by stroke than any other racial group within the American population. #POWERSunday
- Diabetes increases stroke risk at all ages. African-Americans bear a disproportionate burden of diabetes in the U.S. #POWERSunday
- Fortunately, stroke is often preventable. Please encourage friends and family members to join the EmPOWERED To Serve movement at empoweredtoserve.org. Visit the American Stroke Association at www.strokeassociation.org to learn more about stroke. #POWERSunday
- We all have problems with our blood pressure. Normal blood pressure should be less than 120/80. Many of our problems are caused by not eating right or not moving. #POWERSunday
- If you are looking to lower your blood pressure and cholesterol, an average of 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week is recommended. #POWERSunday
Power Pledge

I’m real. I’m strong. I’m proud. But I’m at risk for stroke. The American Stroke Association is ready to talk to me about what matters — to me. They can meet me where I am — to make positive lifestyle changes. They can make a positive impact — on me and my legacy.

I Pledge...

To not just survive — but to thrive. I will learn how to live stronger and longer — for me, for my family, and for my community. I will join the movement to prevent and overcome stroke.

I will call 9-1-1 immediately if I, or someone I know, experience these signs of stroke:

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 9-1-1

Visit empoweredtoserve.org for more information.

Keep this portion as a reminder of your personal commitment to live a longer, stronger life.

Registration

Become an Ambassador!
For additional resources on cardiovascular disease and stroke in African Americans, please download free materials at empoweredtoserve.org or strokeassociation.org.

Check if you: □ are a stroke survivor □ are a care giver □ know someone who has had a stroke □ Please sign me up to receive ongoing information about the campaign.

Name __________________________________________
E-mail ________________________________________
Address _______________________________________
Address 2 ______________________________________
City __________________________ State ____________ ZIP ____________

Please return to:
EmPOWERED To Serve, ATTN: Multicultural Markets, 7272 Greenville Avenue, Dallas, TX 75231-4596
Family History Tree

Fill in your family members’ names in the blank boxes. Below that, put a check beside any of the health conditions that apply.

Use this tree to learn more about your family’s health history. Identify blood-related family members who have suffered a stroke, or lived with high blood pressure or other serious health conditions. Then, share this Family Tree with your doctor or healthcare provider. They can tell you what you can do to reduce your risk of suffering a stroke. For more information and to start your own free, online family tree, visit empweredtoserve.org.
Fresh Citrus and Ginger Coleslaw
Serves 4 | ⅔ cup per serving

⅓ teaspoon grated orange zest
¼ cup plus 2 tablespoons fresh orange juice
2 tablespoons fresh lemon juice
1 tablespoon plus 2 teaspoons sugar
2 teaspoons canola or corn oil
1 teaspoon grated peeled gingerroot
3 cups packaged shredded cabbage and carrot coleslaw mix
¼ cup finely chopped red onion

1 In a large bowl, whisk together the orange zest, orange juice, lemon juice, sugar, oil, and gingerroot.
2 Add the coleslaw mix and onion, tossing to coat. Let stand for 5 minutes before serving so the flavors blend.

Nutrition Analysis (per serving)
Calories ........................................... 70
Total Fat ...................................... 2.5 g
  Saturated Fat .............................. 0.0 g
  Trans Fat ................................. 0.0 g
Polysaturated Fat ...................... 0.5 g
  Monounsaturated Fat .............. 1.5 g
Cholesterol ................................... 0 mg
Sodium ........................................ 15 mg
Carbohydrates ............................. 12 g
  Fiber ...................................... 1 g
  Sugars .................................... 9 g
Protein ......................................... 0 g

Dietary Exchanges: 1 carbohydrate
Salmon with Mango and Peach Salsa

Serves 4 | 3 ounces fish and 2 tablespoons salsa per serving

Cooking spray

**Salsa**
- 1 medium mango, chopped
- 1 cup chopped peeled peaches or 1 8-ounce can peaches packed in water, drained and chopped
- ¼ cup chopped fresh parsley
- 3 tablespoons chopped red onion
- 1 small fresh jalapeño, seeds and ribs discarded, chopped

**Salmon**
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper (white preferred)
- 4 salmon fillets with skin (about 5 ounces each), rinsed and patted dry
- 2 teaspoons canola or corn oil

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
2. In a medium bowl, stir together the salsa ingredients. Set aside.
3. Sprinkle the salt and pepper over the fish.
4. Grill the fish with the skin side up for 4 minutes, or until browned. Using a spatula, turn over the fish. Grill for 3 to 4 minutes, or until the desired doneness.
5. Transfer the fish with the skin side up to plates. Spoon the salsa on top of or beside the fish.

**Nutrition Analysis (per serving)**
- Calories: 245
- Total Fat: 8.0 g
- Saturated Fat: 1.0 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 1.5 g
- Monounsaturated Fat: 3.0 g
- Cholesterol: 53 mg
- Sodium: 236 mg
- Carbohydrates: 19 g
- Fiber: 3 g
- Sugars: 16 g
- Protein: 25 g

**Dietary Exchanges:** 1 ½ fruit, 3 lean meat

This recipe is reprinted with permission from Healthy Soul Food Recipes. Copyright © 2016 by the American Heart Association. Available on ShopHeart.org while supplies last.
One Sunday a year, recognize that you have the power to fight stroke!

On Power Sunday, learn about the increased risk for stroke and take steps to reduce it. Join your fellow church members.

Power Sunday is: To learn more about EmPOWERED To Serve, visit empoweredtoserve.org.
One Sunday a year, recognize that you have the power to fight stroke!

On **Power Sunday**, learn about the increased risk for stroke and take steps to reduce it. Join your fellow church members.

**Power Sunday is:**

To learn more about EmPOWERED To Serve, visit empoweredtoserve.org.
One Sunday a year,
recognize that you have the power to **fight stroke!**

**Power Sunday is:** _________________________

On **Power Sunday**, let’s join together to learn about the increased risk for stroke and take steps to reduce it.

You are the power!

---

One Sunday a year,
recognize that you have the power to **fight stroke!**

**Power Sunday is:** _________________________

On **Power Sunday**, let’s join together to learn about the increased risk for stroke and take steps to reduce it.

You are the power!
One Sunday a year, recognize that you have the power to** fight stroke!**

Power Sunday is: _______________________

On **Power Sunday**, let’s join together to learn about the increased risk for stroke and take steps to reduce it. **You are the power!**
STROKES AND YOUR BRAIN HEALTH

Keeping a brain healthy can help reduce your risk for STROKE, a leading cause of death and no 1 preventable cause of disability.

BY THE NUMBERS

- Every 40 seconds someone has a stroke
- About 55,000 more women than men have a stroke each year

STROKE AND BRAIN HEALTH RISK

- Stroke and early mental decline in mid-life have been linked to unhealthy lifestyles.
- 3 out of 5 Americans will develop a brain disease in their lifetime.
- 1 in 4 strokes are in people who have had a previous stroke

No. 5 Cause of Death in USA

80% OF ALL STROKES CAN BE PREVENTED

Maintain a healthy body to have a sharp mind and healthy brain while reducing your risk for stroke and heart disease.

GET ENOUGH SLEEP.
For adults 7-8 hours per day, more for teenagers and children.

BE SOCIOALLY ACTIVE.
Observational studies have shown that people with poor social support or networks are at higher risk for stroke and heart disease.

EAT HEALTHY.
Recommended daily limit 1500mg SODIUM

EXERCISE.
30 minutes DAILY Activity

GET REGULAR CHECKUPS.
Schedule regular visits with your doctor and talk to your doctor about your risks and ways to reduce them.

DON’T SMOKE — IF YOU SMOKE, STOP.

HOW CAN I LEARN MORE?
1. Talk to your doctor, nurse or other healthcare professional
2. Call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org

Sources: Statistics from the American Heart Association/American Stroke Association, World Health Organization, and Centers for Disease Control and Prevention, American Heart Association
https://www.michaeljfox.org/foundation/publication-detail.html?id=484&category=7
AMA/ASA Interlex Discovery Research, 2011.
The science is clear... our kids eat more sodium than what is safe and recommended. Schools can play an important role in helping our kids get and stay healthy. As part of the effort to bring sodium to moderate levels for our kids, the U.S. Department of Agriculture (USDA) established sodium limits for school meals, which are being carried out in three gradual phases until the 2022-2023 school year.

A variety of methods exist that can help reduce sodium in foods, and modelling suggests that some newly developed ingredients could make a big impact.

MYTH #1

The only health issues associated with too much sodium are problems like high blood pressure and heart disease—problems for adults, not kids.

FACT!

Science strongly supports the link between less sodium intake and healthier lives—even in children and teens.

For example, kids who eat high sodium diets are about 35% more likely to have elevated blood pressure than kids who eat lower sodium diets. And, the rate of high blood pressure is increasing in American children. In addition to heart health, sodium impacts bone, brain, stomach, and kidney health.

MYTH #2

Scientific evidence to support a decrease in sodium for school meals is inconclusive.

FACT!

There has been a lot of noise about some sodium studies, leading to confusion and helping efforts to undermine nutrition standards for school meals.

A large body of scientific research indicates that lowering sodium intake lowers blood pressure in adults and children.

MYTH #3

It is impossible for schools to meet USDA's sodium limits.

FACT!

Actually, 97 percent of schools are successfully meeting the updated meal standards. Some schools are already meeting the USDA's 2016 targets. Many companies already offer foods that meet the target limits set by the USDA.

MYTH #4

Kids won't like the taste of foods lower in sodium and, as a result, will eat less of these foods, robbing them of the beneficial nutrients they provide.

FACT!

Replacing nutrient-poor, high-sodium foods with healthier foods could improve overall consumption of other beneficial nutrients.

Gradually lowering the sodium content in foods can decrease kids' (and adults') taste for salty food over time.

To find out more about the Healthy, Hunger-Free Kids Act, visit: heart.org/schoolmeals

To find out more about sodium reduction, visit: heart.org/sodium

#1 Science supports reducing children's sodium intakes


#3 The only health issues associated with too much sodium are problems like high blood pressure and heart disease—problems for adults, not kids.

#4 Kids won’t like the taste of foods lower in sodium and, as a result, will eat less of these foods, robbing them of the beneficial nutrients they provide.

#5 Gradually lowering the sodium content in foods can decrease kids’ (and adults’) taste for salty food over time.
On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit of 1,500 milligrams.

WHERE does the sodium we eat come from?

- 65% comes from food bought in retail stores*
- 25% comes from restaurants*
- 10% comes from home cooking & at the table*

Choose lower-sodium foods and cook at home more often.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

Check the Nutrition Facts label for the amount of sodium per serving AND the number of servings per container.

Read food labels. Assorted brands of the same food often have different sodium amounts.

Excess sodium increases a person’s risk for HIGH BLOOD PRESSURE, which can lead to heart disease and stroke
1. Even **SUPERHEROES** are in **DANGER**

Strokes increase with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.

2. **HIGH** blood pressure is stroke's public **ENEMY #1.**

3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.

3. **STROKE** targets by **COLOR**

**BLACKS** have nearly **2x the risk** for a first-ever stroke as whites.

4. **STROKE** is largely **TREATABLE.**

Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability.**

5. **FRIENDS** usually **SAVE friends from STROKE**

Learn to recognize the warning signs of stroke.

**FAST**

- **FACE** DROOPING
- **ARM** WEAKNESS
- **SPEECH** DIFFICULTY
- **TIME TO CALL 911**

Become a **STROKE HERO** and help save lives at [StrokeAssociation.org/StrokeHero](http://StrokeAssociation.org/StrokeHero)

Source: Heart Disease and Stroke Statistics—2016 Update: A Report from the American Heart Association
Every 40 seconds, someone has a stroke in the U.S., but 80% of all strokes are preventable. You have the power to prevent stroke and be a Stroke Hero by controlling your high blood pressure and taking simple steps to live a healthier lifestyle.

Follow LIFE’S SIMPLE 7 and help PREVENT A STROKE

1. Manage Blood Pressure
   Lowering your systolic (top) number by 10 or your diastolic (bottom) number by 5 can cut your risk of stroke death in half.

2. Control Cholesterol
   By controlling your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

3. Reduce Blood Sugar
   High levels of blood sugar over time can lead to diabetes, which increases your risk for stroke.

4. Get Active
   Increased walking time has been associated with reduced stroke risk. Thirty minutes a day, 5x a week is an easy goal to improve your heart and brain health and help prevent stroke.

5. Eat Better
   A healthy diet is one of your best weapons for fighting stroke. Incorporating more fruits and vegetables into your diet, and decreasing your sodium intake to less than 1,500 mg per day is a great start to healthier eating.

6. Lose Weight
   Nearly 70% of American adults are overweight or obese and obesity increases your risk for stroke. Losing weight can help lower blood pressure and reduce the burden on your heart, lungs, blood vessels and skeleton.

7. Stop Smoking
   Stroke risk is 2x to 4x higher among smokers than nonsmokers or those who have quit for more than 10 years.

Become a STROKE HERO by learning more about stroke prevention at StrokeAssociation.org/StrokeHero
When it comes to a stroke, every second counts. Nearly 2 million brain cells die each minute a stroke goes untreated. Rapid access to medical treatment often makes the difference between full recovery and permanent disability. Stroke Heroes are ready to take action by knowing the signs of stroke.

You don’t need superpowers to be a STROKE HERO, just know how to spot a stroke.

F – Face Drooping
Does one side of the face droop or is it numb? Ask the person to smile. Is their smile uneven?

A – Arm Weakness
Is one arm weak or numb? Ask them to raise both arms. Does one arm drift downward?

S – Speech Difficulty
Is speech slurred? Is the person unable to speak or hard to understand? Can they repeat a simple sentence correctly, like “The sky is blue.”

T – Time to call 911
If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1. For stroke, someone other than the patient makes the decision to seek treatment in a majority of cases. Stroke patients who receive tPA within 90 minutes of symptom onset are almost 3x more likely to recover with little or no disability.

Stroke is largely treatable. Acting fast improves chances for recovery.
Some superheroes fly.
Others prevent stroke.

You don't need superpowers to be a Stroke Hero.
80% of strokes are preventable. You have the power to prevent stroke by controlling high blood pressure and taking steps to live a healthier lifestyle.

You are the Power. Take the Pledge.

Become a Stroke Hero at StrokeAssociation.org/StrokeHero
Featured: Rachel Castro, Stroke Survivor
Some superheroes have super speed.
Others spot a stroke F.A.S.T.

You don’t need superpowers to be a Stroke Hero.
Nearly 2 million brain cells die every minute a stroke goes untreated.
Spotting a stroke F.A.S.T. and getting rapid treatment could make the difference between full recovery and permanent disability.

You are the Power. Take the Pledge.

Become a Stroke Hero at StrokeAssociation.org/StrokeHero
Featured: Stefan F. Reisch, Stroke Survivor