

Kick off your program with a warm welcome and your opening remarks. This could include an inspiring quote or reading or share with the group why this topic is important to you and your reason for offering to host this lesson.

SPOT A STROKE F.A.S.T. | LESSON OVERVIEW

Welcome

- Program Topic

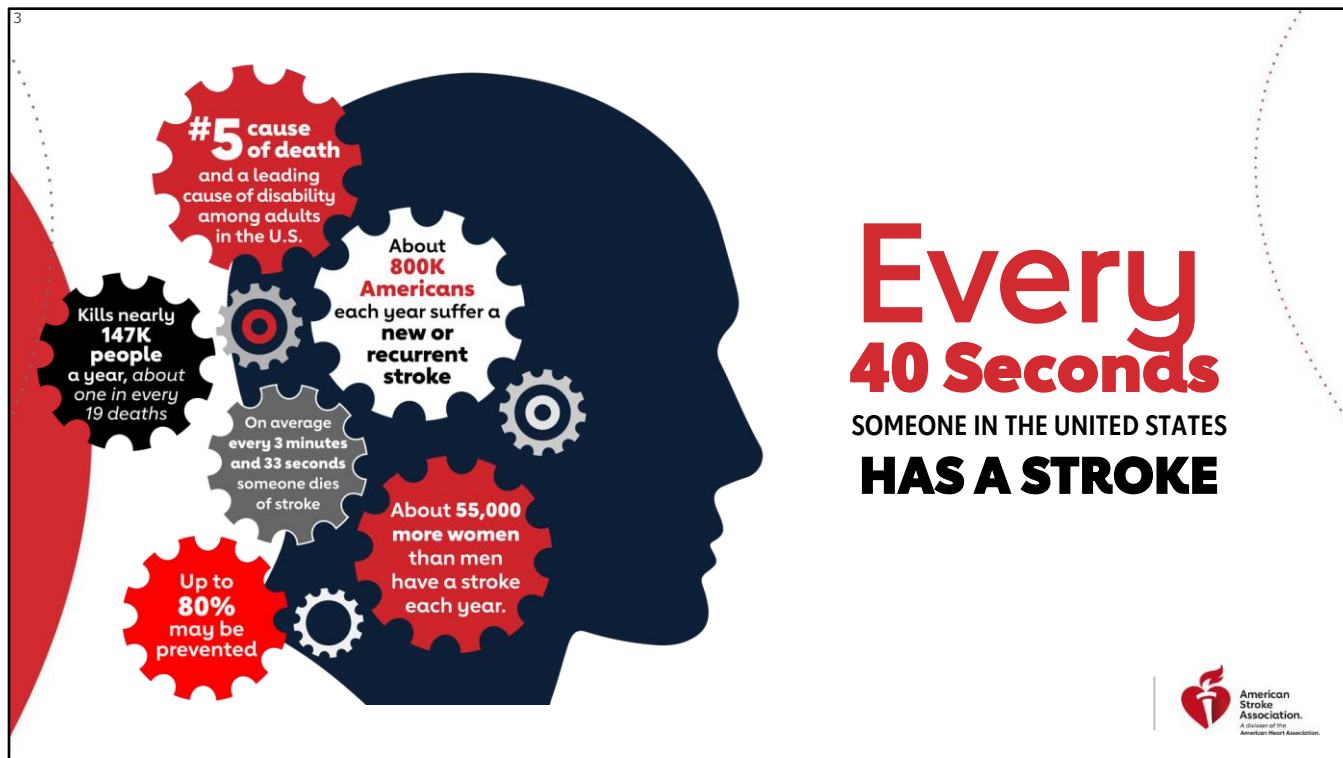
Health Lesson

- Learn the F.A.S.T. Warning Signs
- Don't Wait to Call 911
- Time Lost is Brain Lost

Closing Thoughts

SPOT A STROKE™
F.A.S.T.

Get everyone focused by reading through the lesson overview. Let participants know that the lesson takes 30 minutes to complete.

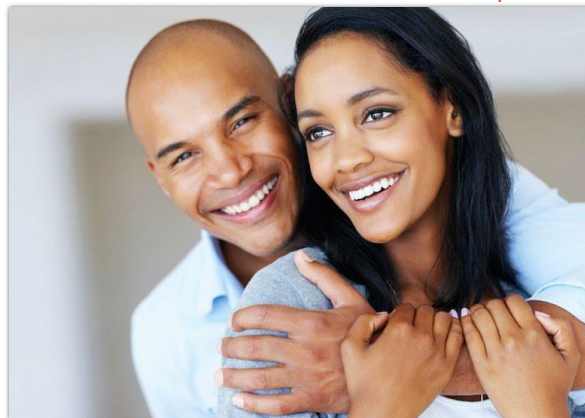


Ask the group: Do you know anyone who has had a stroke?
Review the information on the slide.

PROGRAM OBJECTIVES

After the lesson, you will be able to talk F.A.S.T. and share lifesaving information with your loved ones, including:

- Steps to reduce your risk of stroke
- Warning Signs of Stroke:
 - **F**ace Drooping
 - **A**rm Weakness
 - **S**peech Difficulty
 - **T**ime to call 911
- What to do if you think you or a loved one is having a stroke
- The need to call 911 immediately to get emergency help



Review the information on the slide.

Explain the importance of today's lesson:

- You need to know the warning signs of stroke so you can get help immediately, either for yourself or someone close to you.
- Getting help immediately can save lives.
- Symptoms of stroke come on F.A.S.T. so you must act fast.

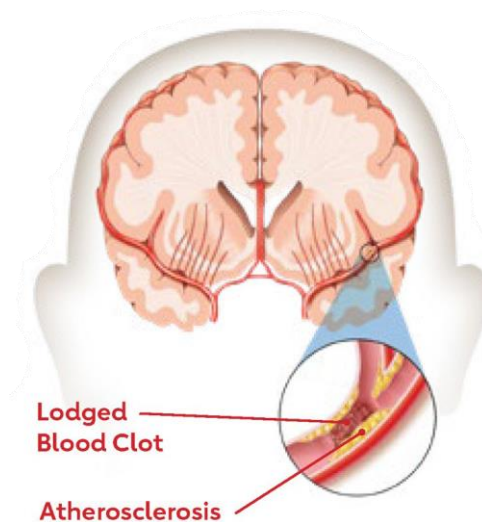
Ask the group: Does anyone know what causes a stroke?

WHAT IS A STROKE?

A stroke happens when there's an interruption of the blood flow to the brain.

About **nine out of every 10 strokes (87%) are caused by a blockage**. A stroke caused by a blocked artery is called an ischemic stroke.

When the part of the brain that's affected by the blocked artery can't get enough blood and oxygen, the brain cells in that part of the brain die, causing a stroke.



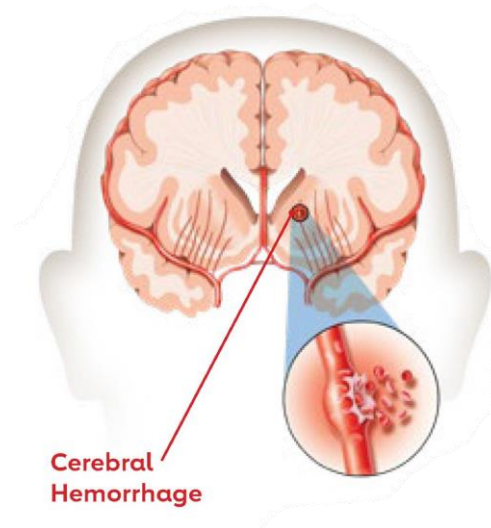
Review the information on the slide.

WHAT IS A STROKE?

When a blood vessel (artery) carrying blood and oxygen (nutrients) to the brain bursts, this type of stroke is called a **hemorrhagic stroke**. Hemorrhagic strokes are less common than ischemic strokes.

A **TIA** (Transient Ischemic Attack) is often called a mini stroke, but it's a major warning. A TIA is a temporary blockage of blood flow to the brain. A TIA may signal a full-blown stroke ahead.

If you think you've had or are having a TIA, don't ignore it! Get immediate medical attention, even if the symptoms go away- **Call 911**.



Review the information on the slide.

STROKE IS PREVENTABLE



4 OUT OF 5 STROKES MAY BE PREVENTED

with healthy lifestyle changes and by working with your health care provider to control conditions that raise your risk for stroke.

To learn more or to get involved,
call 1-888-4STROKE (1-888-478-7653)
or visit stroke.org.



Review the information on the slide.

AM I AT RISK?

55+

Age - The chance of having a stroke doubles for each decade of life after age 55.



Sex - Women have more strokes than men. Stroke kills more women than men.



Heredity (Family History) - Your risk is almost twice as high if a parent, sister or brother has had a stroke.



Prior Stroke, TIA or Heart Attack - If you've already had a stroke, your risk increases.



Race - Black Americans have a much greater risk of death from stroke.

Review the information on the slide.

Ask for five volunteers to read the risk factors.

Note that there are steps you can take to reduce your risk for stroke. Add that by calling 911 at the first sign of a stroke, you can help yourself or your loved one to get treatment as soon as possible.

POINT 1: EMBRACE LIFE'S ESSENTIAL 8™

Embrace Life's Essential 8™ to reduce your risk for stroke:
Small steps can equal big changes

1. Eat Better

- Enjoy a variety of fruits and vegetables, choose whole grains, low-fat dairy products, skinless poultry and fish and nuts and legumes. Use nontropical vegetable oils. Limit saturated and trans fats, sodium, red meats, sweets and sugar-sweetened beverages.

2. Be More Active

- Try to get 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise (or a combination of both), preferably spread throughout the week.

3. Manage Your Blood Sugar

- Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. It is also important to control your blood sugar if you have diabetes.



Review the information on the slide.

Ask the group: Have you heard of Life's Essential 8? Do you try to live by Life's Essential 8?

Explain that by embracing Life's Essential 8, you're helping to prevent a stroke.

Note that the top three lifestyle changes you can make to reduce stroke risk are to stop smoking, manage blood pressure and control cholesterol. Review each of the principles of Life's Essential 8.

Note that in addition to these, it's important to have regular checkups and take any medicines as prescribed.

POINT 1: EMBRACE LIFE'S ESSENTIAL 8™

4. Manage Your Weight

- Achieving and maintaining a healthy weight has many benefits.

5. Manage Your Cholesterol

- Treat high cholesterol if you have it.

6. Manage/ Control Your Blood Pressure

- Keeping your blood pressure within acceptable ranges can keep you healthier longer. Blood pressure levels below 120/80 mmHg are considered optimal.

7. Quit Smoking

- Don't smoke, vape or use tobacco or nicotine products and avoid secondhand smoke or vapor.

8. Get Healthy Sleep

- Most adults need 7-9 hours of sleep each night.



Ask the group: Have you heard of Life's Essential 8? Do you try to live by Life's Essential 8? Explain that by embracing Life's Essential 8, you're helping to prevent a stroke. Note that the top three lifestyle changes you can make to reduce stroke risk are to stop smoking, manage blood pressure and control cholesterol.


Review each of the principles of Life's Essential 8.

Note that in addition to these, it's important to have regular checkups and take any medicines as prescribed. Note the link between Blood Pressure and Stroke. Reference the handout "High Blood Pressure Increases Risk of Stroke infographic."


11

11


F.A.S.T. WARNING SIGNS




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



Speech Difficulty:
Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, like "The sky is blue." Is the sentence repeated correctly?




Arm Weakness:
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Time to Call 911:
If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time, so you'll know when the first symptoms appeared.

11



Ask four volunteers to read the four warning signs of stroke.

Engage the group: Let's do a shout-out.
The warning signs of a stroke are F.A.S.T.

- F is for
- A is for
- S is for
- T is for

If someone has the F.A.S.T. warning signs, what should you do?

POINT 2: LEARN THE F.A.S.T. WARNING SIGNS

Learn the Warning Signs of a Stroke F.A.S.T.:

- **F**ace
- **A**rm
- **S**peech
- **T**ime

F.A.S.T. is an easy way to remember the sudden signs of a stroke.

If you spot a sign, call 911 for help right away.
Check the time so you'll know when the symptoms first appeared.

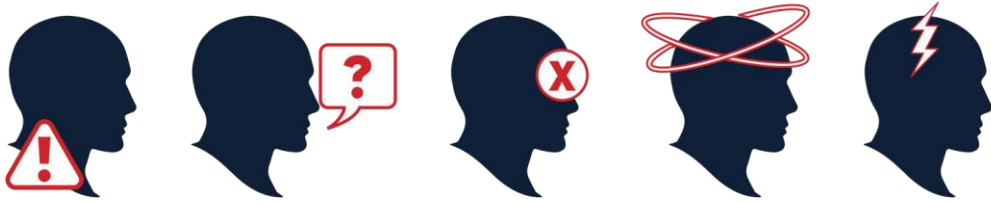


Review the information on the slide.

Note that stroke symptoms usually come on suddenly. In other words, they appear F.A.S.T.

1
3


OTHER SYMPTOMS



If someone shows any of these symptoms, call 911 or emergency medical services.

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

13



Review the information on the slide.

Ask the group: What's the first word for each of the Other Symptoms in the bulleted list? It's "Sudden." (The symptoms come on suddenly, as in F.A.S.T.)

If you notice someone has these symptoms, what should you do? (Call 911 FAST.)

VIDEO: SPOT A STROKE F.A.S.T.

16

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the "Treat Stroke F.A.S.T." video. If you aren't going to have a live internet connection, download the YouTube video ahead of time to your computer.

Or, skip this slide.

Play the video: <https://youtu.be/z6N3fHJch20>

POINT 3: THINK YOU'RE HAVING A STROKE? CALL 911.

Stroke is an **EMERGENCY**.

Early treatment leads to higher survival rates and lower disability rates.

- Call 911
- Guidelines recommend that you are transferred to the nearest hospital that can deliver the necessary treatment
- Don't drive yourself or ask family members or friends to drive you
- Don't misinterpret your symptoms

On average, **1.9 million brain cells die every minute** that a stroke goes untreated. Getting medical attention by calling 911 is critical.



Ask the group: Has anyone had to call 911 for emergency care? What do you recall about the experience?

Review the information on the slide.

Reinforce the message that if you or someone else has the F.A.S.T. warning signs or other signs of a stroke, call 911 immediately.

TAKE THESE STEPS TODAY

Before there's an emergency:

- Find out which hospitals in your area have 24-hour emergency stroke care.
- Keep a list of emergency phone numbers next to your phone and with you at all times, just in case.
- Print information about the warning signs of stroke:
www.stroke.org/WarningSigns



Review the information on the slide.

Emphasize the importance of making time to do these things. Say: It could save a life, possibly yours.

REMEMBER

- Embrace **Embrace Life's Essential 8™** to Reduce Your Risk of Stroke
- Learn the **F.A.S.T.** Warning Signs of Stroke
- Think You're Having A Stroke? **Call 911** – Don't Wait... **Time Lost is Brain Lost**






Share what you've learned with five friends: Tell them about F.A.S.T. and calling 911 immediately.



Review the information on the slide.

Ask the group: What are the warning signs of a stroke?
How long should you wait before calling 911?

CALL TO ACTION

- Learn the warning signs of a heart attack and cardiac arrest
- If you see someone with the warning signs of a heart attack or cardiac arrest, call 911 immediately
- Embrace Life's Essential 8® to reduce risk
- Keep us informed -      
Follow us **@AmericanHeart** on social media and DM us to let us know how you're doing!



Review the information on the slide.

Thank everyone for their time and participation. Open it up for questions if you have time.