



**American
Stroke
Association.**

*A division of the
American Heart Association.*

Spot A Stroke F.A.S.T.



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

Welcome

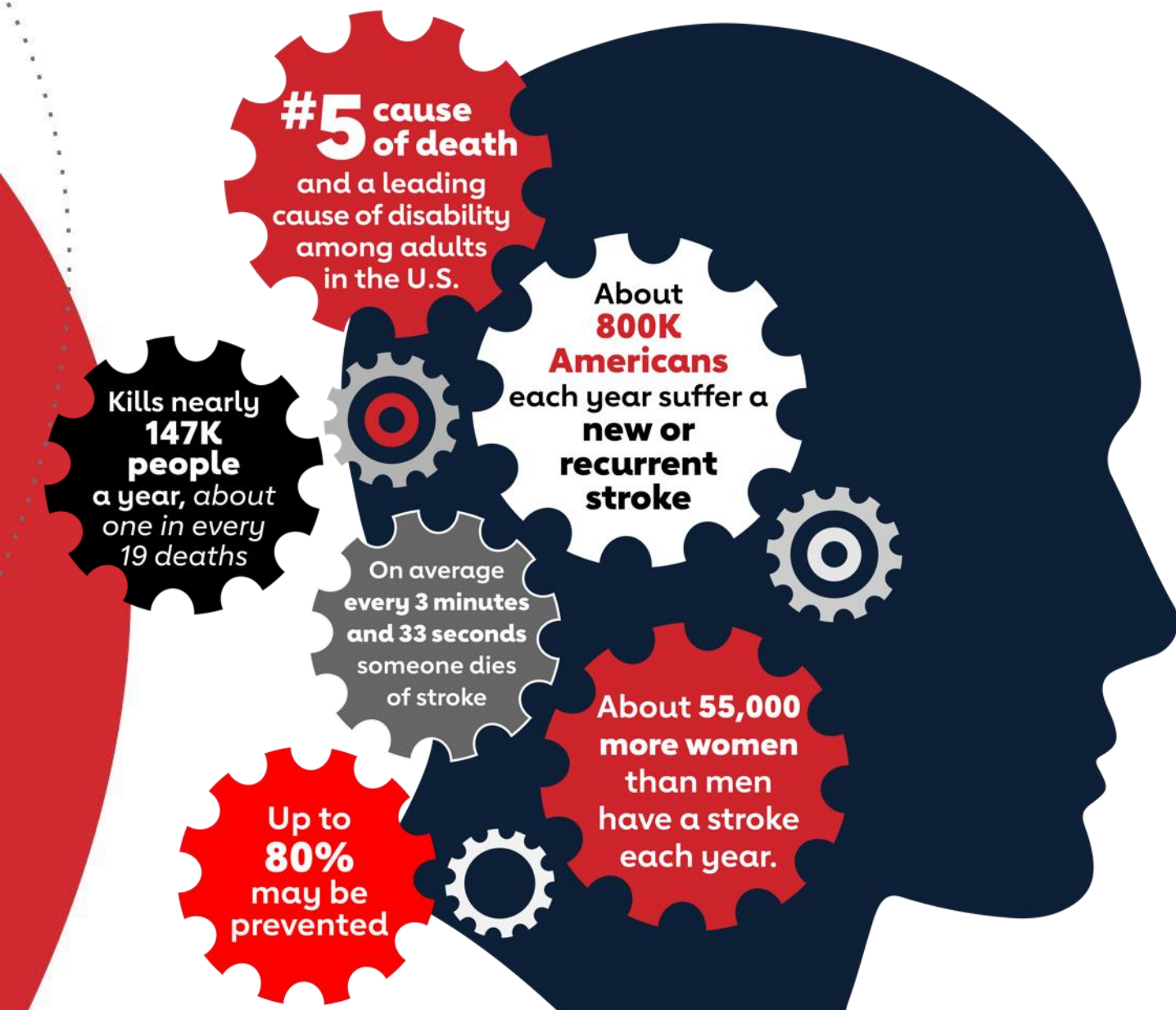
- Program Topic

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.



**Every
40 Seconds**
SOMEONE IN THE UNITED STATES
HAS A STROKE



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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

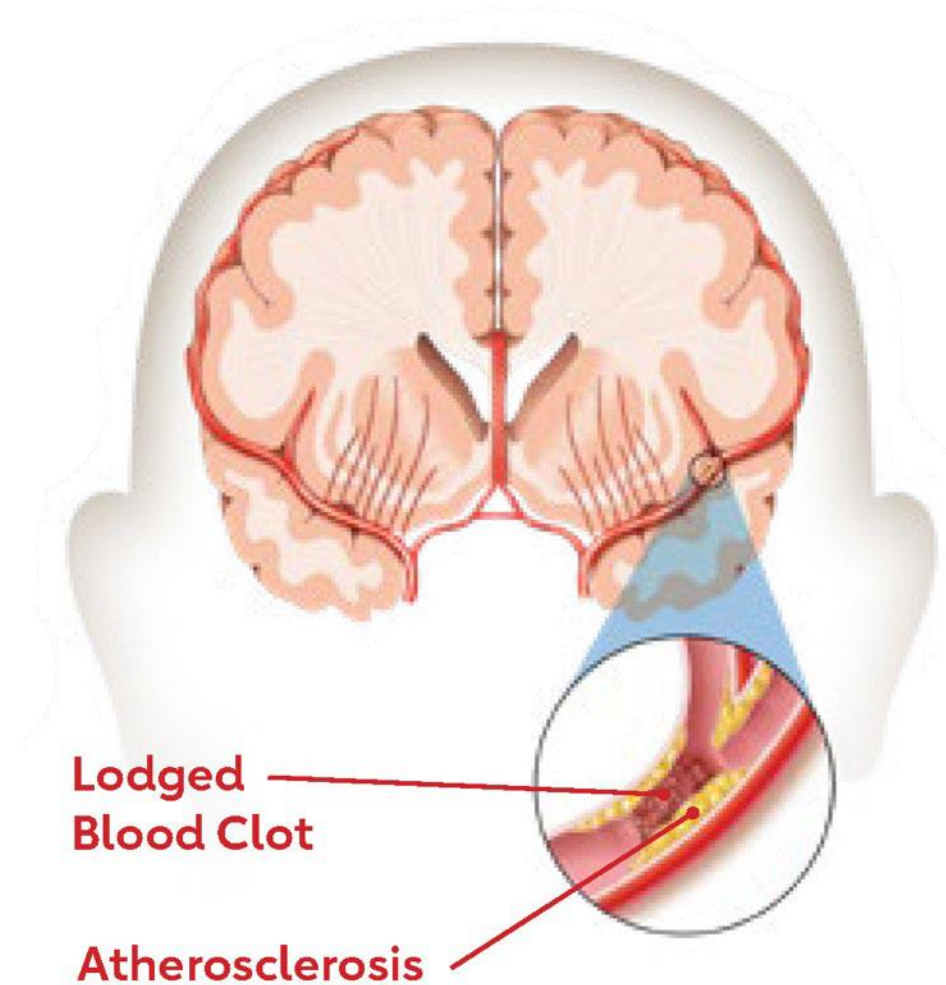


WHAT IS A STROKE?

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.

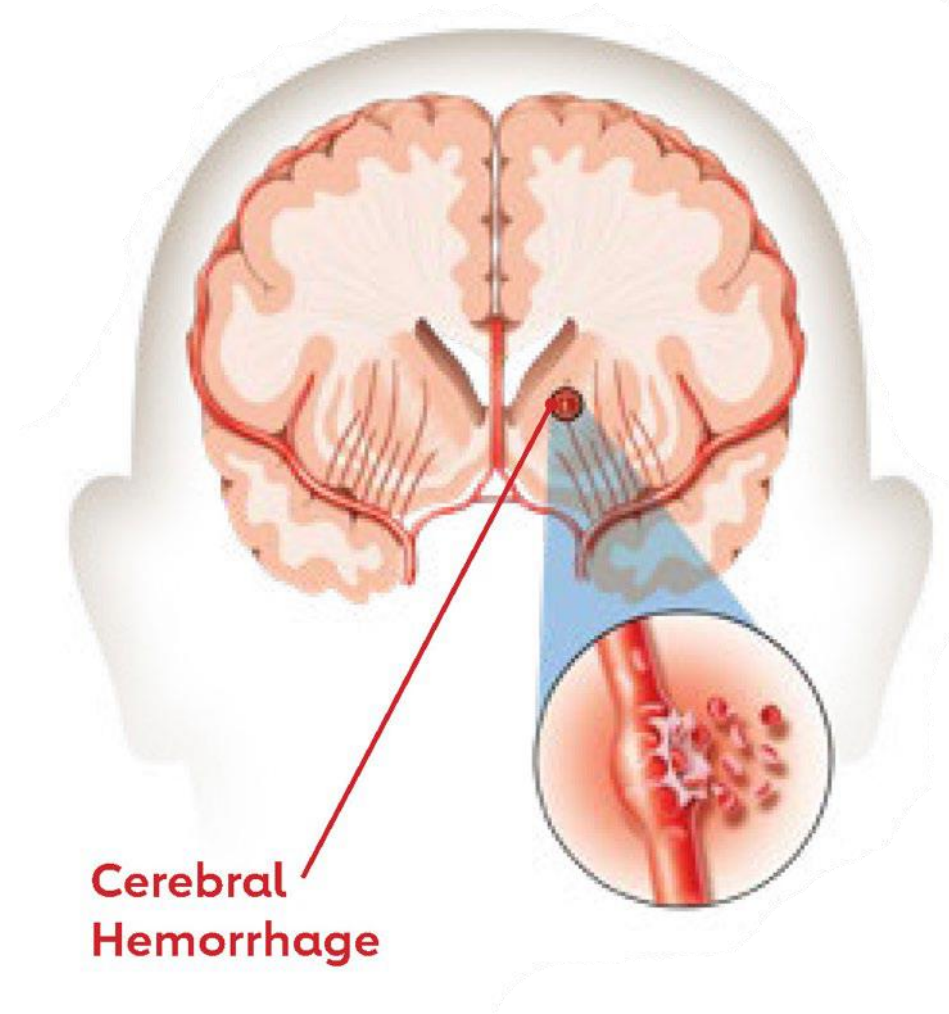


WHAT IS A STROKE?

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.**



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.

AM I AT RISK?

55+

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



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



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



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



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

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.



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.



F.A.S.T. WARNING SIGNS



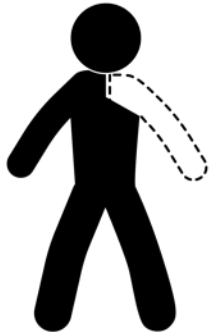
Face Drooping

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.

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

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

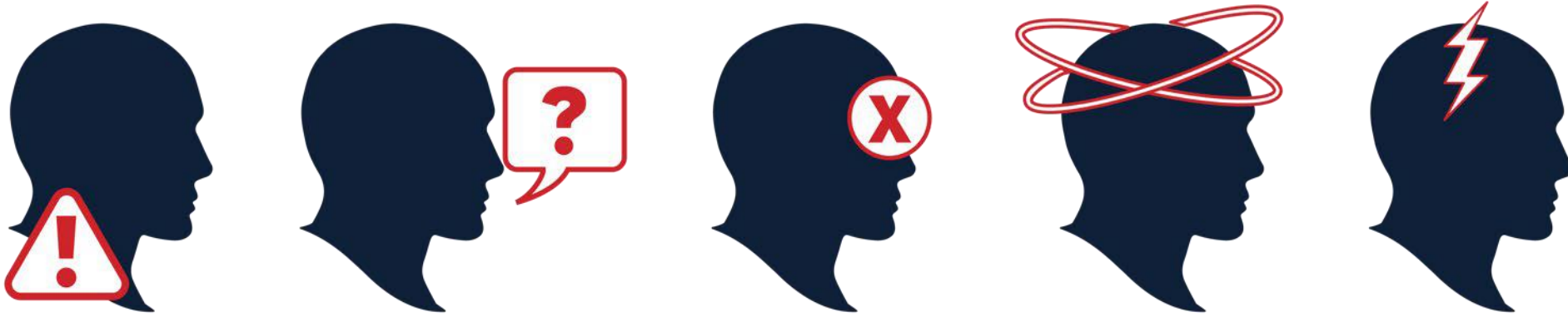
- Face
- Arm
- Speech
- Time

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.



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

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



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.



TAKE THESE STEPS TODAY

Before there's an emergency:

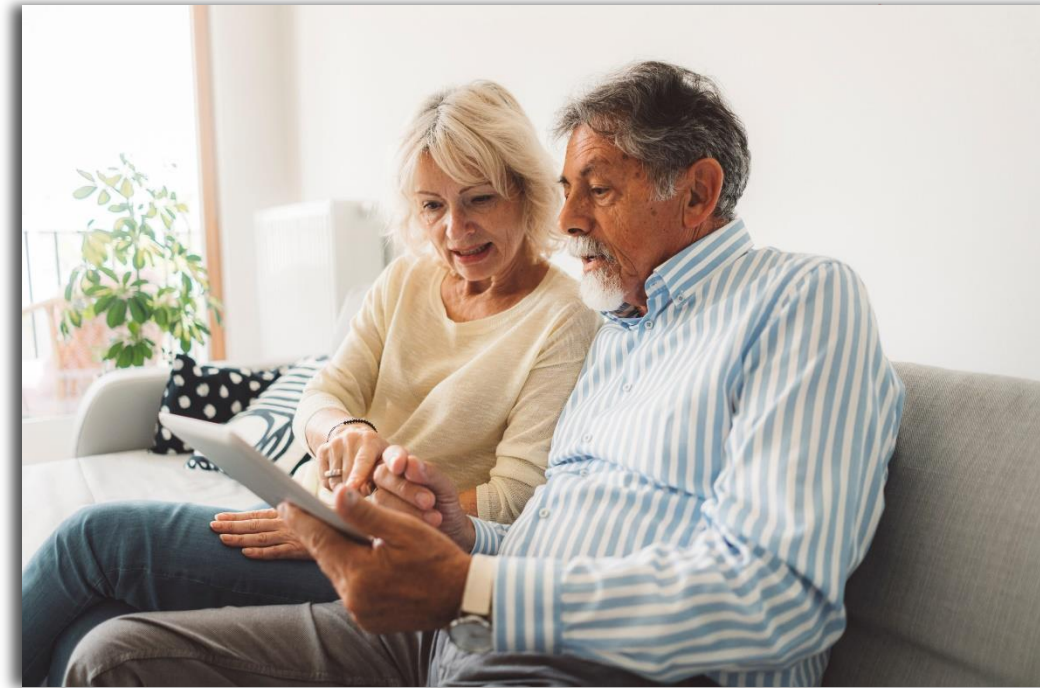
- Find out which hospitals in your area have 24-hour emergency stroke care.
- Keep a list of emergency phone numbers next to your phone and with you at all times, just in case.
- Print information about the warning signs of stroke:
www.stroke.org/WarningSigns









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.



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!

