



American Heart Association®

EmPOWERED to Serve™



American
Stroke
Association.

*A division of the
American Heart Association.*

Spot A Stroke F.A.S.T.

#EmPOWERChange

SPOT A STROKE F.A.S.T. | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson:

Spot A Stroke F.A.S.T.

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

Closing Thoughts

- Create a Culture of Health
- Online Resources

SPOT A STROKE™
F.A.S.T.



WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.

Learn More at [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org).

AHA's Mission Statement:
To be a relentless force for a world of longer, healthier lives.



#5 cause
of death

and a leading
cause of disability
among adults
in the U.S.

Kills nearly
147K
people
a year, about
one in every
19 deaths

About
800K
Americans
each year suffer a
new or
recurrent
stroke

On average
every 3 minutes
and 33 seconds
someone dies
of stroke

Up to
80%
may be
prevented

About **55,000**
more women
than men
have a stroke
each year.

**EVERY 40 SECONDS,
SOMEONE IN
THE UNITED STATES
HAS A STROKE**



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SOME POPULATIONS ARE AT HIGHER RISK

- **Black Americans** are at greater risk for stroke than any other race, having high rates of obesity and diabetes, which contribute to cardiovascular disease.
- **Hispanics/Latinos** have some of the highest rates of high blood pressure, diabetes and obesity, all risk factors for stroke.
- Stroke is the seventh leading cause of death among **American Indians** and **Alaska Natives**.



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

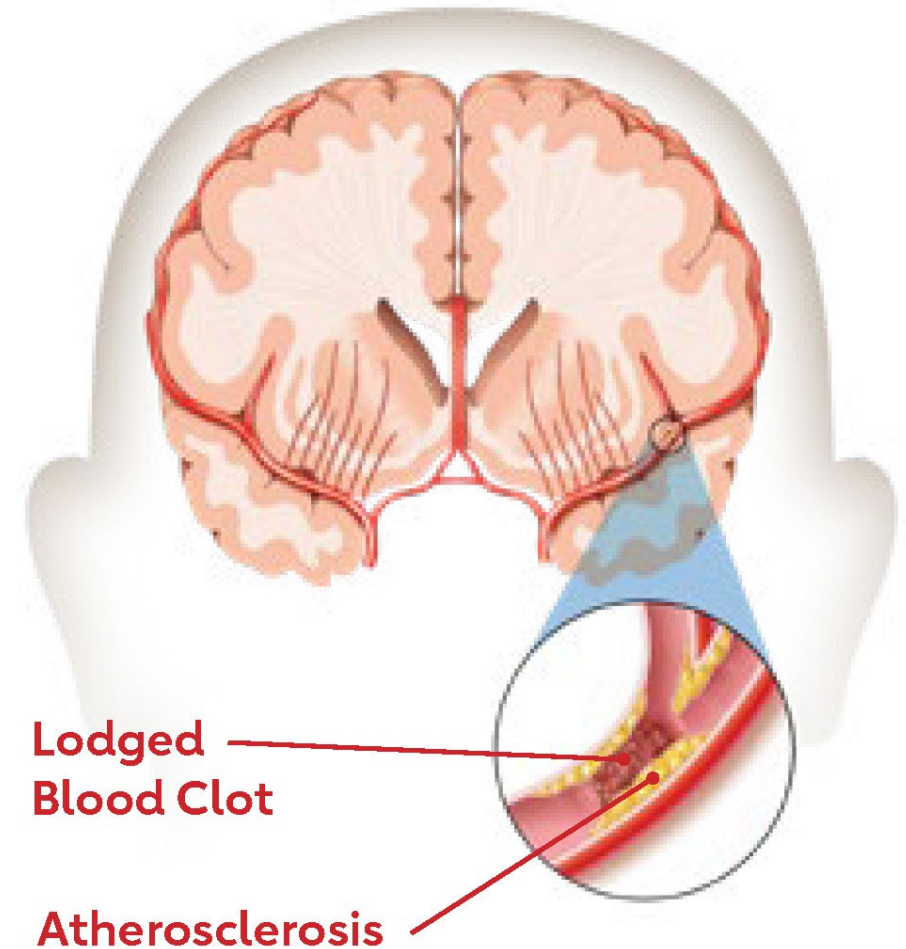


WHAT IS A STROKE?

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.



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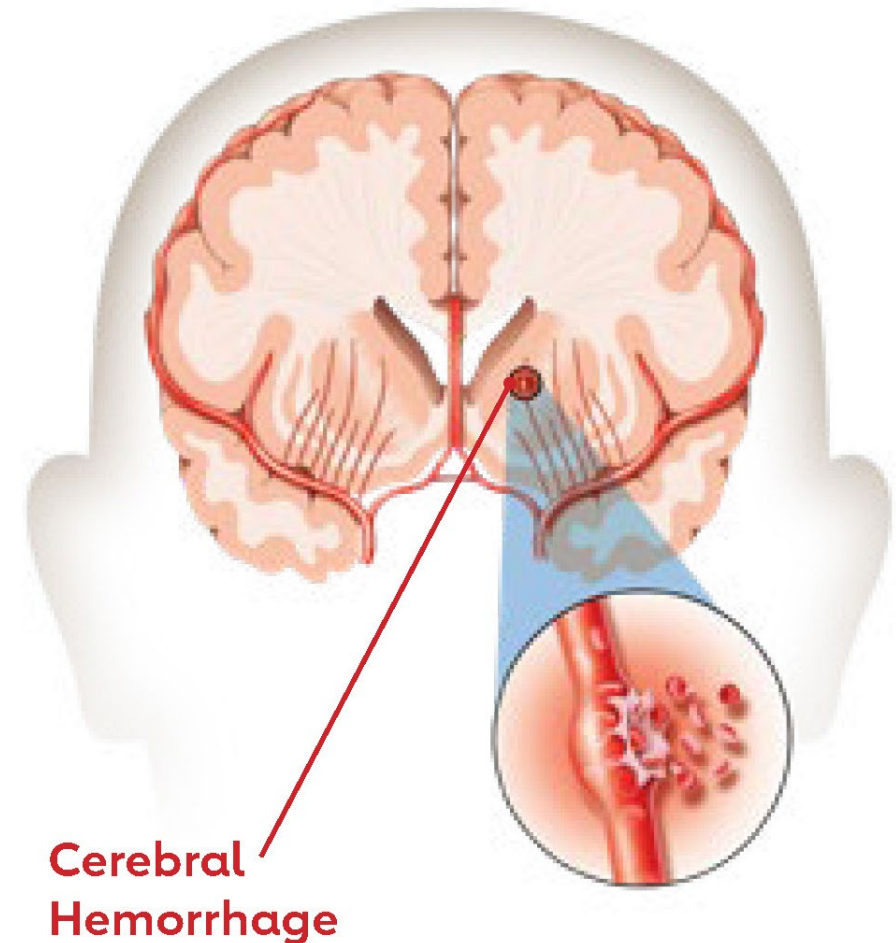
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WHAT IS A STROKE?

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



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STROKE IS PREVENTABLE



4 OUT OF 5 STROKES CAN 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](https://www.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.



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POINT 1: Embrace Life's Simple 7[®]

Embrace Life's Simple 7[®] to Reduce Your Risk for Stroke Seven Small Steps to Big Changes

1. Get 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.

2. 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.



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POINT 1: EMBRACE LIFE'S SIMPLE 7[®] (continued)

4. **Lose Weight** and keep your weight under control.

5. **Stop Smoking.**

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

6. **Control Cholesterol** and treat high cholesterol if you have it.

7. **Manage Blood Pressure** and treat high blood pressure if you have it.

8. **Reduce Blood Sugar** and control your blood sugar if you have diabetes.

Plus, have regular checkups and take any medications as prescribed.



F.A.S.T. WARNING SIGNS



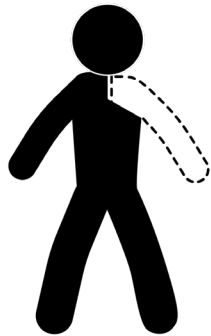
Face Drooping

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.



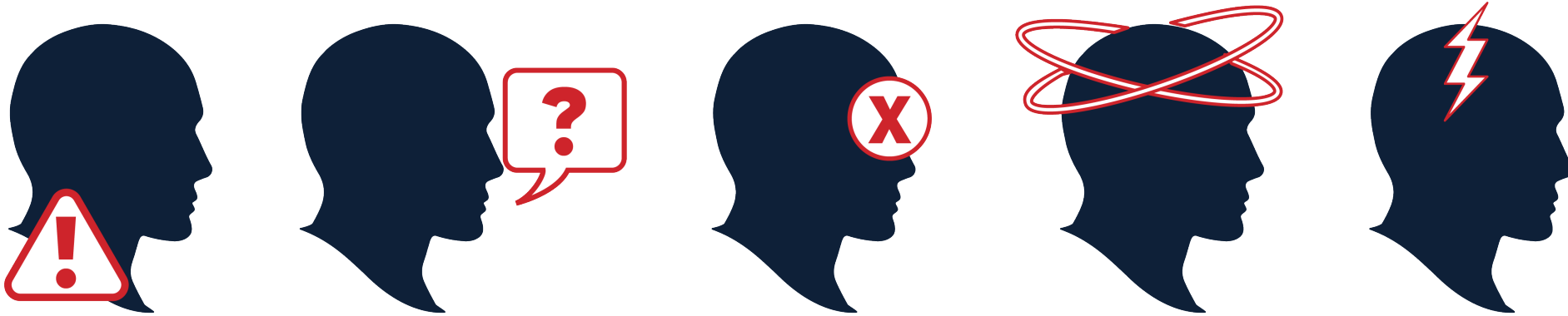
POINT 2: Learn the F.A.S.T. Warning Signs

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.
- When you can spot the signs, **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



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



STROKE
HAS NO AGE
REQUIREMENT

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 transported 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



CALL TO ACTION

- Embrace **Life's Simple 7** 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.



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** to join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to EmPOWEREDtoServe.org

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!



WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



WE ARE **EMPOWERED TO SERVE**

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.heart.org/empoweredtoserve)

