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KEY FACTS ABOUT STROKE



FACT #1:
stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:
there are three types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "mini stroke" caused by a temporary blockage.



FACT #3:
about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:
prevention is key

Had a stroke? Create a plan with your doctor to prevent another, which may include managing high blood pressure and discussing aspirin or other medicine.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.



FACT #5:
time lost is brain lost

Now that you know prevention, here's how you spot one. Learn the FAST warning signs:

| | | | |
|-------------|----------|------------|------------------|
| F | A | S | T |
| Face | Arm | Speech | Time to call 911 |
| Dr drooping | Weakness | Difficulty | |