

Spot a Stroke **FAST**

Learn the National Stroke Association's Act **FAST** (Face Arms Speech Time) test:

F **ACE**

Ask the person to smile. Does one side of the face droop?

A **RMS**

Ask the person to raise both arms. Does one arm drift downward?

S **PEECH**

Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T **IME**

If you observe any of these signs, call 911 immediately.

If you have had a stroke before, you are at greater risk for another stroke.

If you experience any symptoms of stroke, call 911 right away.

The faster our doctors treat you, the less chance you may have for brain damage and disability.

Other risk factors include:

- High blood pressure
- Diabetes
- High cholesterol
- Irregular heartbeat
- Heart valve problems
- Carotid artery disease
- Frequent alcohol use
- A poor diet
- Smoking

