**Myth:** You can’t prevent stroke  
**Reality:** Stroke is largely preventable

**Myth:** Stroke cannot be treated  
**Reality:** Stroke requires emergency treatment

**Myth:** Stroke can only happen to the elderly  
**Reality:** Stroke can happen to anyone

**Myth:** Stroke happens to the heart  
**Reality:** Stroke is a “Brain Attack”

**Myth:** Stroke recovery only happens for a few months after a stroke  
**Reality:** Stroke recovery continues throughout life

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**Reduce your risk of stroke:**
- Maintain your blood pressure and cholesterol levels
- Manage your diabetes
- Refuse to smoke or drink
- Eat more fruits and vegetables
- Exercise more

**Brain Attack!**
**Save Yourself From Stroke**

**5 warning signs of a stroke:**
1. Numbness or weakness of face, arm or leg, especially on one side of the body
2. Confusion, trouble speaking or understanding
3. Trouble seeing in one or both eyes
4. Trouble walking, dizziness, loss of balance or coordination
5. Severe headache with no known cause

**Learn the National Stroke Association’s Act FAST (Face Arms Speech Time) test:**
- **FACE:** Ask the person to smile. Does one side of the face droop?
- **ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- **TIME:** If you observe any of these signs, call 911 immediately.

**Risk Factors:**
- Over age 55
- High blood pressure
- High cholesterol
- Diabetes
- Irregular heartbeat
- Heart valve problems
- Carotid Artery Disease
- Frequent alcohol use
- A poor diet
- Smoking
- Carotid Artery Disease
- Heart valve problems

**Stroke is the 4th leading cause of death in the U.S.**
**Nearly 1/4 of strokes occur in people under the age of 65.**
**40 seconds.**

**More than 140,000 people die each year from stroke.**

**795,000 people suffer a stroke. About 600,000 of these are first attacks and 185,000 are recurrent attacks.**

**55+**

**Manage your diabetes**
- Refuse to smoke or drink
- Eat more fruits and vegetables
- Exercise more

**Overage 55**

**High blood pressure**

**High cholesterol**

**Diabetes**

**Irregular heartbeat**

**Heart valve problems**

**Carotid Artery Disease**

**Frequent alcohol use**

**A poor diet**

**Smoking**