



STROKE Symptoms

Sudden...

- Numbness in the face, arm or leg
- Slurred speech
- Blurred vision
- Dizziness or loss of balance
- Severe headache

What to do:

Any ONE of these symptoms is a reason to take action. At the first sign of stroke, **call 911** immediately.



*"We need your help!
Acting quickly can lower
the number of Mainers
who die or are disabled
from stroke."*

Face **STROKE** before it faces you.

This year almost 800,000 Americans of all ages will suffer stroke. **It's the third leading cause of death in the country and a leading cause of disability.** In Maine, 694 people died of stroke in 2005.

What are your **RISKS?**

Some stroke risks can't be controlled: family history, increasing age, ethnicity and having had a TIA (mini-stroke) in the past.

Stroke risks you can **PREVENT or CONTROL:**

Being overweight or obese

To reduce the risk: Eat healthy. Limit portion sizes, eat more fruits and vegetables, and be physically active.

Smoking

To reduce the risk: Stop Smoking! Call the Maine Tobacco HelpLine for help at **1-800-207-1230**.

Not being physically active

To reduce the risk: Get more active. Try to get at least 30 minutes every day. Find a walking route near you at www.healthymainewalks.org.

High blood pressure

(140/90 or higher. Optimal is less than 120/80.)

To reduce the risk: Get your blood pressure checked. If it's 140/90 or higher, work with your doctor to control it. If you have diabetes, your goal is to stay below 130/80.

Having other health conditions:

- Diabetes
- High cholesterol
- Carotid artery disease (hardening of arteries in the neck)
- Atrial fibrillation (irregular heartbeat)

To reduce the risk: Visit your doctor regularly. Ask about medications that can help reduce your stroke risk, and be sure to take them as prescribed.

www.healthymainepartnerships.org/mcvhp



American Stroke Association®

A Division of American Heart Association 