

## You Can Lower Your Risk for Stroke



- ☐ Control your blood pressure. Get it checked regularly by your doctor, and pay attention.
- ☐ Control your cholesterol, a type of fat found in your blood. Get it checked by your doctor.
- ☐ Control your blood sugar if you have diabetes.

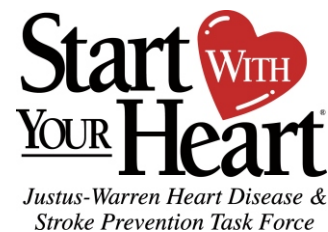


- ☐ Exercise and maintain a healthy weight.
- ☐ Eat more fruits, vegetables, lean cuts of meat, and whole grain cereals. Avoid fatty foods.
- ☐ Stop smoking.

**KNOW AND RECOGNIZE THE WARNING SIGNS.** If you have a stroke, you or someone else should **call 911 as soon as possible.**



Talk to your doctor, family, and friends to help support your healthy lifestyle.



Visit these websites for more information:  
[www.startwithyourheart.com](http://www.startwithyourheart.com), [www.strokeassociation.org](http://www.strokeassociation.org),  
 and [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

Also visit **NCcareLINK** at [www.nccarelink.org](http://www.nccarelink.org) to search for rehabilitation services. You can also find help for people who are disabled or have special needs.



**When it comes to strokes, act fast. Call 911.**

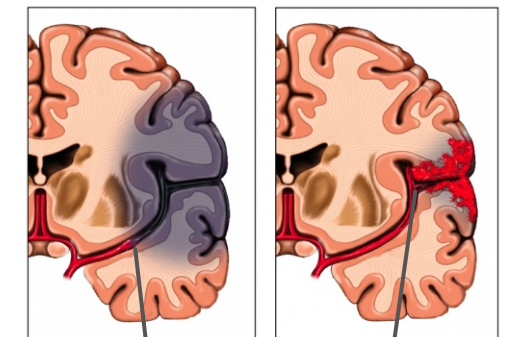
**Get Treatment Within 3 Hours. Do Not Wait.**

## What Is a Stroke?



**A stroke is a brain attack.** A brain attack happens when blood flow to the brain stops.

The blood vessels that are used to carry blood and oxygen to the brain are **clogged**, or they have **burst**.



**Clogged**

**Burst**

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**Part of the brain then starts to die.** It can kill brain cells that control such things as moving, thinking, speaking, and breathing.







## Act fast. Call 911.

Stroke is serious, just like a heart attack. Learn about stroke to help you save a relative, a friend, or a co-worker. **Calling 911 as soon as possible is very important. Get to the hospital as soon as possible.**

### Can I Die from a Stroke?



**YES. Stroke is the #3 killer of Americans**, after heart disease and cancer.

**North Carolina** is one of the states with the very worst stroke problem.



Knowing the warning signs is very important because seconds can mean the difference between life and death—or life in a wheelchair.

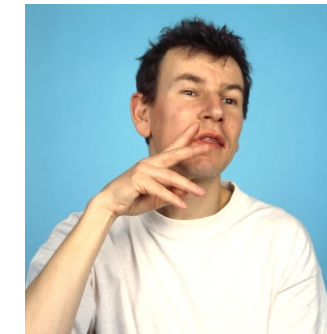


**After treatment, it is possible to have a full recovery for many people.**

### What Are the Warning Signs?



☐ **Sudden severe headache** with no known cause.



☐ **Sudden confusion**, trouble speaking, or trouble understanding.



☐ Sudden **trouble seeing** in one or both eyes.



☐ Sudden **trouble walking, dizziness, loss of balance**, or loss of coordination.



☐ **Sudden numbness or weakness** of the face, arm, or leg, especially on one side of the body. **Twisting of the mouth.**

These symptoms may also be signs of a mini stroke or a warning stroke. Doctors call them TIAs. They happen when blood flow in the brain is **clogged** for a short time. Symptoms may come and go. A mini-stroke means you are at higher risk for a deadly stroke.

### Risk Factors You Cannot Control

#### Strokes can happen at any age.

**Age**—Older people are at higher risk, but stroke can happen at any age.

**Gender**—Men are at slightly greater risk than women to have a stroke.

**Race**—African Americans are at higher risk.

**Family History**—If you have a family history of stroke, you are at higher risk.

**Previous Stroke History**—If you have had a stroke before, you are at higher risk.

**Previous Mini-Stroke**—If you have had a mini stroke, you are at higher risk.