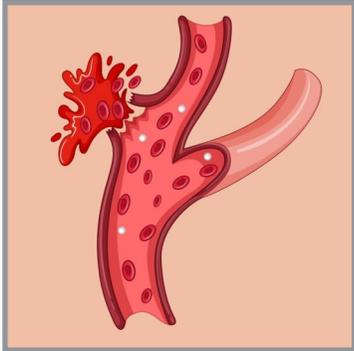


3 important things to know about stroke that can save you or your loved ones life.

#1 Know What A Stroke Is.

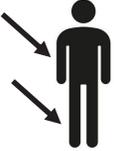
- A stroke is also called a *brain attack*.
- A stroke happens when blood flow is cut off to an area of the brain.
- When blood supply is cut off, it causes brain cells to lose oxygen and die.
- What part of the body is affected by a stroke depends on the area of the brain that is damaged.

There are two types of stroke:

<p>Ischemic Stroke</p> <p>is a blockage of a blood vessel in the brain. This causes damage to the brain (80% of strokes):</p> 	<p>Hemorrhagic Stroke</p> <p>is when a blood vessel bursts in the brain. This causes bleeding and damage in the brain (20% of strokes):</p> 
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#2 Know The Signs of Stroke.

BE FAST and call 9-1-1 to get help to you or your loved one quickly:

<p>B</p>  <p>Balance/Coordination Problems</p> <p>Is there sudden dizziness, loss of balance or coordination?</p>	<p>E</p>  <p>Eye/Vision Problems</p> <p>Is there sudden trouble seeing in one or both eyes?</p>	<p>F</p>  <p>Face Droops</p> <p>Ask the person to smile. Does the face look uneven?</p>	<p>A</p>  <p>Arm/Leg Weakens</p> <p>Ask the person to hold up both arms. Is one arm weak or unable to move?</p>	<p>S</p>  <p>Speaking Problems</p> <p>Ask the person to repeat a simple phrase. Is their speech slurred or sound strange?</p>	<p>T</p>  <p>Terrible Headache</p> <p>Is there a sudden, severe headache with no known cause?</p>
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With a stroke, time lost is brain lost. Call 9-1-1 immediately for any BE FAST signs.

#3 Know What Can Cause a Stroke & What You Can Do to Reduce Your Risk of Stroke

Did you know that most strokes can be prevented? Check the common risk factors below that apply to you. Work with your health care team on ways to reduce your stroke risk:



<input type="checkbox"/>	High Blood Pressure	Is the most common cause of stroke. Treatment may include medicine(s), healthy diet and physical exercise.
<input type="checkbox"/>	Tobacco	Stop smoking and avoid second-hand smoke. Talk with your doctor about ways to quit smoking. Contact QuitlineNC.com for help.
<input type="checkbox"/>	Diabetes	If you have diabetes, manage your blood sugar. This may include medicine(s), healthy diet and regular exercise.
<input type="checkbox"/>	Cholesterol	Have your cholesterol checked. If it is high, talk with your doctor about the need for medicine, healthy diet and regular exercise.
<input type="checkbox"/>	Carotid Stenosis	A narrowing of the vessel(s) in your neck. Treatment may include medicine(s), regular follow up and, in some cases, surgery.
<input type="checkbox"/>	Substance and/or Alcohol Use	Illegal drug use, more than 2 alcoholic drinks per day for men or more than 1 alcoholic drinks per day for women can put you at risk for stroke. Community resources, programs, lifestyle changes and counseling may be needed to help you manage it.
<input type="checkbox"/>	Atrial Fibrillation (Afib)	Afib is an abnormal heart rhythm that can put you at a higher risk for stroke. If you have afib, work with your doctor to control it. Discuss the need for blood thinning medicines with your doctor.

Resources

UNC Stroke Center:

uncstroke.org

facebook.com/uncstroke

American Stroke Association:

Strokeassociation.org

1-888-4STROKE

QuitlineNC

(Help to stop smoking)

quitlinenc.com

Checklist to Reduce Your Stroke Risk:

- Work with your health care team to manage your risk factors.
- Follow up routinely with your health care provider.
- Take your medicine as prescribed.

If you or your loved one is experiencing stroke symptoms, time is critical! BE FAST and Call 9-1-1!