



# 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](http://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](http://www.healthymainepartnerships.org/mcvhp)



American Stroke Association®

A Division of American Heart Association 