

IDENTIFYING STROKE SYMPTOMS



B

BALANCE
Sudden loss of balance



E

EYES
Sudden trouble seeing



F

FACE
Uneven or crooked smile



A

ARMS
Arm hanging down



S

SPEECH
Speech is slurred or drooling



T

TERRIBLE HEADACHE & TIME
Sudden onset of headache, **time to call 9-1-1**

Life's Essential



Adopt Healthy Eating Patterns



Be More Active



Manage Your Blood Sugar



Achieve a Healthy Weight



Control Cholesterol



Maintain a Healthy Blood Pressure



Stop Using Tobacco Products



Get Adequate Sleep



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Or type mclaren.org/main/locations/stroke-center-mclaren-northern-michigan-1264 into your internet browser.