

# IDENTIFYING STROKE SYMPTOMS

## B.E. F.A.S.T.



### 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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The McLaren Stroke Network is pleased to provide access to stroke education and support to as many stroke patients and caregivers as possible. Use the QR code on your smart device or type [www.mclaren.org/main/locations/stroke-center-mclaren-oakland-1265](http://www.mclaren.org/main/locations/stroke-center-mclaren-oakland-1265) into your internet address bar for more stroke resources.

