

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-port-huron-1170 into your internet address bar for more stroke resources.

