

IS IT A STROKE?

Know the Symptoms. Call 911 Immediately!

B

BALANCE

Sudden loss of balance



E

EYES

Sudden trouble seeing



F

FACE

Uneven or crooked smile



A

ARMS

Sudden arm/leg weakness



S

SPEECH

Speech is slurred or drooling



T

TIME

Sudden headache
Time to call 911!



How To Reduce Your Risk



Eat Healthy
Foods



Be More
Active



Manage
Blood Sugar



Manage
Weight



Control
Cholesterol



Manage
Blood Pressure



Quit
Tobacco



Get Healthy
Sleep

For more information on
our stroke center scan the
QR code or visit us online at
mclaren.org/NorthernStroke

