

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 onset of headache
Time to call 911!



 **McLaren**

NORTHERN MICHIGAN

GETTING TO THE HEART OF STROKE

WHAT TO DO INSTEAD OF HAVING ANOTHER STROKE

PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Know the cause of my stroke
- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Be involved in my treatment plan decisions
- Take medications as prescribed
- Join a program that includes exercise, education and counseling



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