IS IT A STROKE?

KNOW THE SYMPTOMS. CALL 911 IMMEDIATELY!

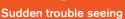


BALANCE
Sudden loss of balance





EYES







FACE

Uneven or crooked smile





ARMS

Sudden arm/leg weakness





SPEECH

Speech is slurred or drooling





TIME
Sudden onset of headache
Time to call 911!





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

