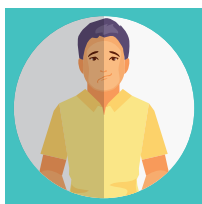


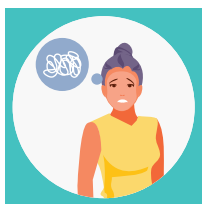
STROKE 101

Every **40 seconds**, someone in the U.S. has a stroke. A stroke happens when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. This interrupts blood flow, causing brain cells to die.

SPOTTING A STROKE



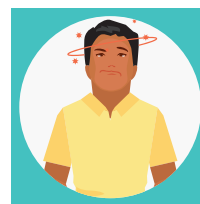
Numbness or weakness in the face, arm, or leg (especially on one side of the body)



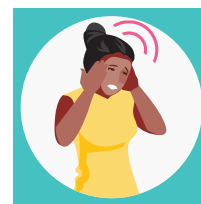
Trouble speaking or understanding others



Difficulty seeing in one or both eyes



Trouble walking, dizziness, and loss of balance or coordination



Severe headache

If you notice any of the symptoms listed above, call **911** right away.

DID YOU KNOW?



Treatment is most effective within **3 hours** of the onset of symptoms.



Stroke is one of the **top 10** causes of death in children in the U.S.



An estimated **80%** of strokes can be avoided by making healthy lifestyle choices and working with a health care provider to manage stroke risks.

PREVENTING A STROKE



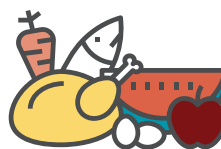
Get high blood pressure under control



Don't smoke



Manage your diabetes, if you have it



Eat a healthy diet



Exercise regularly