

DID YOU KNOW THAT STROKE IS A LEADING CAUSE OF DEATH AND DISABILITY?¹

- Stroke is the fourth leading cause of death in the United States, and a leading cause of disability¹
- Approximately 795,000 people will experience a new or recurrent stroke each year¹
- Stroke can happen at any age—25% of strokes occur in people under the age of 65²
- The estimated cost of stroke in 2010 was \$73.7 billion—a figure that includes \$25.5 billion in lost productivity³
- Family caregivers are greatly affected—in a recent survey, as many as 36% of caregivers reduced their work hours, resigned from their jobs, or retired to care for a family member affected by stroke⁴

STROKE STRIKES FAST. YOU SHOULD TOO. CALL 9-1-1.

The Face Arms Speech Test, also known as F.A.S.T., identifies the warning signs of stroke:

- **F=FACE** Ask the person to smile. Does one side of the face droop?
- **A=ARMS** Ask the person to raise both arms. Does one arm drift downward?
- **S=SPEECH** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- **T=TIME** If you observe any of these signs, it's time to call 9-1-1



NOW THAT YOU KNOW, HERE'S WHAT YOU CAN DO TO RAISE STROKE AWARENESS!

- Organize a mini employee health fair: offer free blood pressure screening, use a slide presentation, hand out brochures or F.A.S.T. materials
- Conduct an employee survey to assess stroke risk factors and their knowledge of these risk factors
- Publish article in employer newsletter or on the intranet using the stroke fact sheet (include signs, symptoms, and prevention methods)
- E-mail stroke prevention and awareness tips to employees
- Post F.A.S.T. posters in bathrooms and hallways
- Place F.A.S.T. table tents in cafeteria
- Place F.A.S.T. stickers on coffee cups
- Utilize multilanguage F.A.S.T. bookmarks or wallet cards as paycheck stuffers
- Place F.A.S.T. magnets on refrigerators and also provide for employees to place at home
- For more tips and helpful F.A.S.T. materials, visit www.StrokeAwareness.com!

References: 1. Roger VL, Go AS, Lloyd-Jones DM, et al; and American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2011 update: a report from the American Heart Association. [Published online ahead of print January 6, 2011.] *Circulation*. doi:10.1161/CIR.0b013e3182009701. 2. Stroke facts. Centers for Disease Control and Prevention Web site. <http://www.cdc.gov/stroke/facts.htm>. Updated January 28, 2010. Accessed January 25, 2011. 3. Lloyd-Jones D, Adams RJ, Brown TM, et al; and American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2010 update: a report from the American Heart Association. *Circulation*. 2010;121(7):e46-e215. 4. Ko JY, Ayccock DM, Clark PC. A comparison of working versus nonworking family caregivers of stroke survivors. *J Neurosci Nurs*. 2007;39(4):217-225.

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