

WOULD YOU BE ABLE TO RECOGNIZE AND
REACT TO STROKE?

Learn more inside >

Dad could lose
everything to stroke

**BUT YOU HAVE NOTHING
TO LOSE CALLING 911**



**STROKE.
REACT.
DON'T
REGRET.**

KNOW HOW TO REACT

Be prepared to recognize **STROKE
and take immediate action**

STROKE SYMPTOMS ARE SUDDEN AND SERIOUS.

They can be easy to miss, but you know your loved ones best—and when they're not quite themselves.

So, trust your instincts and react quickly.

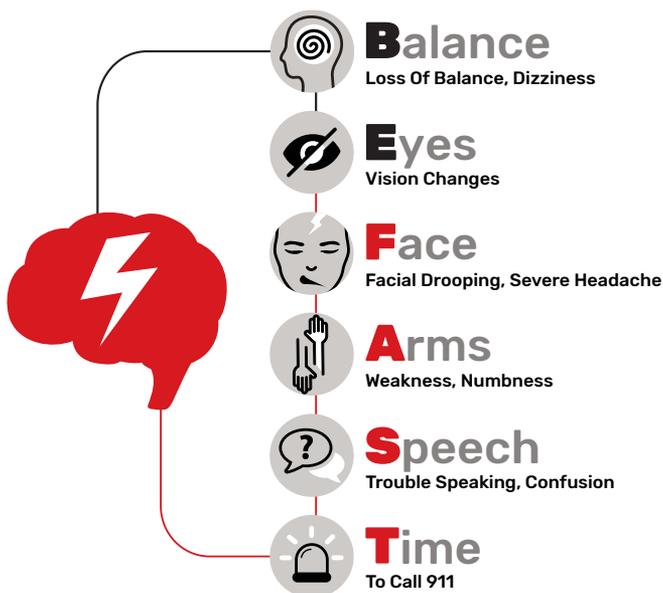


**WAITING TO SEE IF SYMPTOMS
GO AWAY IS NOT AN OPTION**

When it comes to stroke,
time matters.
Your immediate action can help
prevent brain damage and
long-term disability.

STROKE. REACT. DON'T REGRET. CALL 911.

To help you recognize signs of **STROKE**,
remember **BE FAST**



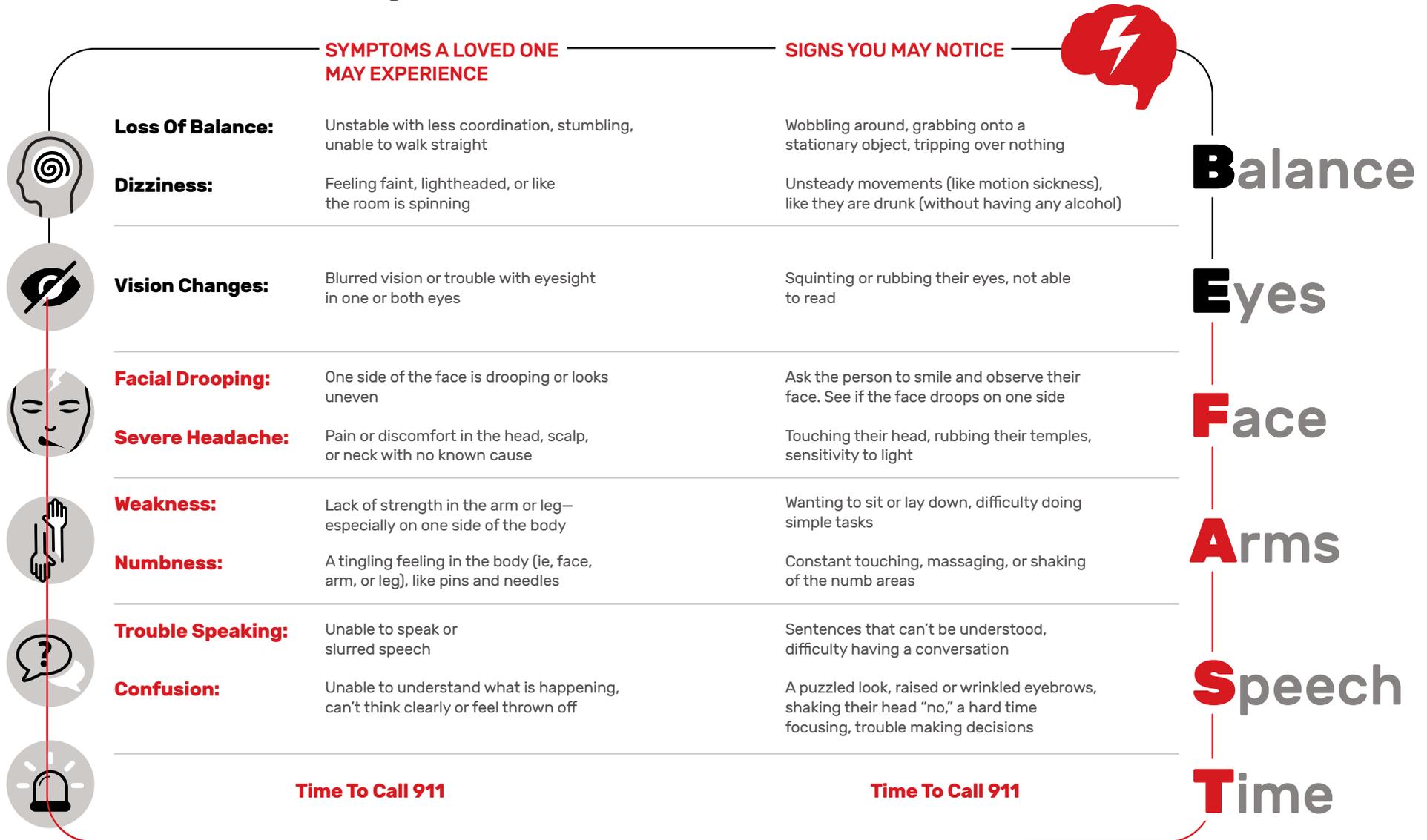
Now, learn about
sudden symptoms of stroke.

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STROKE. REACT. DON'T REGRET. CALL 911.

SUDDEN SIGNS AND SYMPTOMS

A **SUDDEN ONSET** of the following may indicate stroke*



*Note that these symptoms or a combination of them are not unique to stroke, but if they are sudden and out of the ordinary, they may indicate a sign of stroke and require immediate attention.

Watch the **sudden signs and symptoms** of stroke come to life at

[StrokeAwareness.com](https://www.StrokeAwareness.com)

WHO IS MOST AT RISK FOR STROKE?

STROKE can happen to anyone at any time

There are a number of risk factors for stroke—some that you can manage and some that are out of your control.



RISK FACTORS THAT CANNOT BE CHANGED:

- **Age:** Stroke can occur at any age; 1 out of 5 people who have a stroke are under 55 and your chance of stroke increases as you get older
- **Race:** African Americans, Hispanics, and Asian/Pacific Islanders have a higher risk of stroke than people of other races
- **Gender:** More women have stroke than men and more women die from stroke than from breast cancer every year
- **Family history:** You are at greater risk if a family member has had a stroke

MANAGEABLE RISK FACTORS INCLUDE:

- High blood pressure
- Atrial fibrillation (A-fib)
- High cholesterol
- Smoking
- Diabetes
- Poor circulation
- Lack of physical activity
- Obesity

STROKE. REACT. DON'T REGRET. CALL 911.

GET THE FACTS ON STROKE

Educating yourself about **STROKE** can be life-changing

Knowing when someone is at risk for stroke, what a stroke is, and the types of stroke can help you be prepared when it's time to act.

What is stroke? Stroke is a brain attack. It occurs when blood vessels in the brain, called arteries, are blocked or burst. The consequences of stroke can be long-term disability and even death.

What happens during a stroke? Obstruction or damage to the arteries in the brain may prevent it from getting the necessary blood supply. This can cause brain cells to die, inflicting permanent damage. Depending on which part of the brain is damaged, an individual's ability to speak, see, and move may become impaired.

**THAT'S WHY IT IS IMPORTANT TO ACT IMMEDIATELY
THE MOMENT YOU SUSPECT STROKE**

TYPES OF STROKE



Ischemic stroke

This type of stroke occurs when blood flow through an artery is blocked, which accounts for 87% of all strokes.



Hemorrhagic stroke

This type of stroke occurs when an artery is ruptured, causing swelling, pressure, and damage to the brain.

STROKE. REACT. DON'T REGRET. CALL 911.

BE **STROKE** SMART

LET YOUR FAMILY AND FRIENDS KNOW THAT:

- > Urgency is key
 - As soon as something seems off with a loved one call 911
- > Get the facts
 - Stroke can be sudden, easy to miss. Knowing sudden symptoms is important
- > EMS is there to help
 - Calling 911 and getting EMS care could help a loved one
 - Being wrong is OK. Even if it turns out not to be a stroke, calling 911 is the right thing to do
- > Spread the word
 - It might have a lasting impact

Text **STROKE** to **80395** or
visit **STROKEAWARENESS.COM** to learn more.

By texting **STROKE** to **80395** you agree to receive up to three autodialed text messages from Genentech about the symptoms of stroke. Consent is not a requirement of purchase or enrollment. Message and data rates may apply. Additional information available at: <https://www.pulsehealth.tech/tos-genentech.html>

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