



WOULD YOU BE ABLE TO RECOGNIZE AND  
**REACT TO STROKE?**

Dad could lose  
everything to stroke

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



Learn about sudden signs and  
symptoms of stroke today >



# KNOW HOW TO REACT

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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 call 911 if something seems off.



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

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

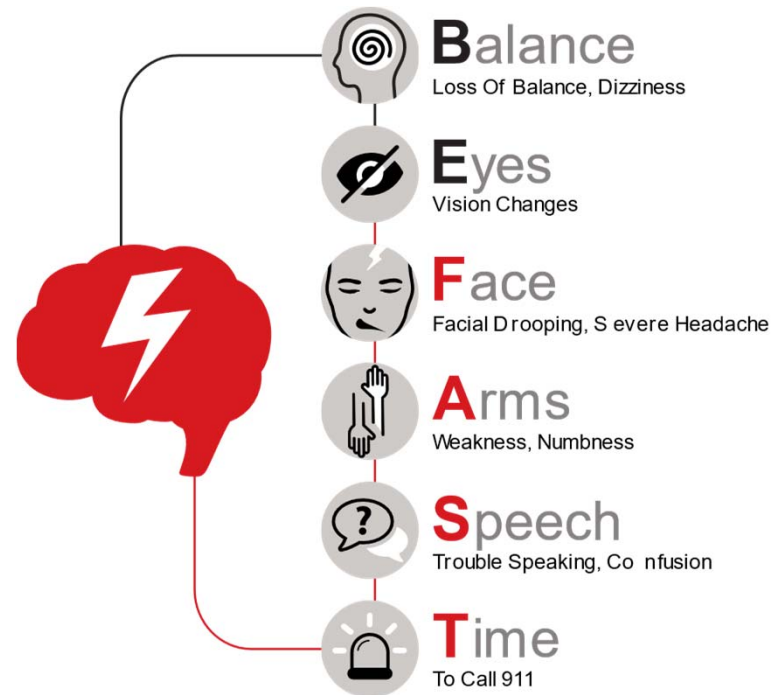
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**STROKE. REACT. DON'T REGRET. CALL 911.**

# KNOW HOW TO REACT

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



Now, learn more about these **sudden symptoms** of stroke.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Healthcare.

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

# SUDDEN SIGNS AND SYMPTOMS

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

## SYMPTOMS A LOVED ONE MAY EXPERIENCE

## SIGNS YOU MAY NOTICE

<b>B</b> Balance	<b>Loss Of Balance:</b>	Unstable with less coordination, stumbling, unable to walk straight	Wobbling around, grabbing onto a stationary object, tripping over nothing
	<b>Dizziness:</b>	Feeling faint, lightheaded, or like the room is spinning	Unsteady movements (like motion sickness), like they are drunk (without having any alcohol)
<b>E</b> Eyes	<b>Vision Changes:</b>	Blurred vision or trouble with eyesight in one or both eyes	Squinting or rubbing their eyes, not able to read
	<b>Facial Drooping:</b>	One side of the face is drooping or looks uneven	Ask the person to smile and observe their face. See if the face droops on one side
<b>F</b> Face	<b>Severe Headache:</b>	Pain or discomfort in the head, scalp, or neck with no known cause	Touching their head, rubbing their temples, sensitivity to light
	<b>Weakness:</b>	Lack of strength in the arm or leg—especially on one side of the body	Wanting to sit or lay down, difficulty doing simple tasks
<b>A</b> Arms	<b>Numbness:</b>	A tingling feeling in the body (ie, face, arm, or leg), like pins and needles	Constant touching, massaging, or shaking of the numb areas
	<b>Trouble Speaking:</b>	Unable to speak or slurred speech	Sentences that can't be understood, difficulty having a conversation
<b>S</b> Speech	<b>Confusion:</b>	Unable to understand what is happening, can't think clearly or feel thrown off	A puzzled look, raised or wrinkled eyebrows, shaking their head "no," a hard time focusing, trouble making decisions
	<b>T</b> Time	<b>Time To Call 911</b>	<b>Time To Call 911</b>



\*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)

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# WHO IS MOST AT RISK FOR STROKE?

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## **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

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# GET THE FACTS ON STROKE

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## 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 take action.

**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**

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# GET THE FACTS ON STROKE

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## 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.

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# 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>