

ACT F.A.S.T.

IF YOU THINK SOMEONE IS HAVING A STROKE, ACT F.A.S.T. AND DO THIS SIMPLE TEST:

Face. Ask the person to smile. Does one side of the face droop?

Arms. Ask the person to raise both arms. Does one arm drift downward?

Speech. Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?

Time. If the person shows any of these symptoms, time is important. Brain cells are dying.

CALL 911 OR GET TO THE HOSPITAL FAST.

Note the time when you started seeing symptoms, which helps establish where a person may be within the three-hour treatment window.

ACT IN TIME

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and assist in a successful recovery.

For Additional Resources:



Greenwich Department of Health
101 Field Point Road
Greenwich, CT 06830
Community Health Planning: 622-7849
Adult Health Program: 622-7854
www.greenwichct.org

American Stroke Association

A Division of American Heart Association

American Stroke Association
A Division of American Heart Association
www.strokeassociation.org
1-888-4STROKE



National Stroke Association
www.stroke.org
1-800-STROKES

*Town Of Greenwich
Department of Health*

STROKE

- What you should know
- What you should do



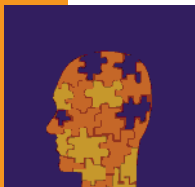
Public Health At Its Best



101 Field Point Road
3rd Floor
Greenwich, CT 06830
622-7849
622-7854

Know Stroke

STROKE IS THE NUMBER ONE CAUSE OF ADULT DISABILITY AND THE THIRD LEADING CAUSE OF DEATH IN THE US. ABOUT 600,000 NEW STROKES ARE REPORTED IN THE U.S. EACH YEAR.



Stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die

Types of Stroke

THERE ARE TWO MAJOR KINDS OF STROKE. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain.

Although stroke is a disease of the brain, it can affect the entire body. Effects of a stroke range from mild to severe and can include paralysis, problems with thinking, problems with speaking, and emotional problems. Patients may also experience pain or numbness after a stroke.

Warning Signs

BECAUSE STROKE INJURES THE BRAIN, AN INDIVIDUAL MAY NOT REALIZE THAT THEY ARE HAVING A STROKE. TO A BYSTANDER, SOMEONE HAVING A STROKE MAY JUST LOOK UNAWARE OR CONFUSED.

Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly. In some instances a clotbusting drug can be administered to diminish the effects of a stroke. However, there is only a three-hour window when this drug can be administered.



If you suspect someone is having a stroke, call 911 immediately!

LOOK FOR THESE WARNING SIGNS:

- ◆ Weakness in one arm, hand or leg
- ◆ Numbness on one side of face or body
- ◆ Loss of sight out of one eye
- ◆ Suddenly having a hard time walking
- ◆ Cannot understand what someone is saying
- ◆ Dizziness or loss of balance
- ◆ Very painful headache

The good news is that treatments are available that can reduce greatly the damage caused by a stroke if treatment is administered quickly. Getting to a hospital quickly may help to prevent disability.

Prevention

THE BEST TREATMENT FOR STROKE IS PREVENTION. SEVERAL FACTORS INCREASE YOUR RISK OF STROKE. THE MORE RISK FACTORS YOU HAVE, THE GREATER YOUR CHANCE OF HAVING A STROKE. SEE YOUR HEALTHCARE PROVIDER TO CONTROL:

- ◆ High blood pressure
- ◆ Heart disease
- ◆ Smoking
- ◆ Diabetes
- ◆ High cholesterol
- ◆ Obesity



Some risk factors you cannot control, such as your age, your family health history, race and gender. But you can modify, treat or control most risk factors to lower your risk!



If you smoke – quit NOW!

If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control and keeping them under control will greatly reduce your chances of having a stroke.

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