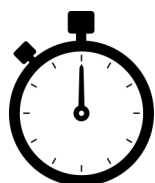


# GUIDE TO STROKE SYMPTOMS



Every **40 seconds** someone has a stroke.



Someone dies of stroke every **4 minutes**.

Strokes

are the

**5<sup>th</sup>**

leading cause of death in the U.S.

**Stroke**

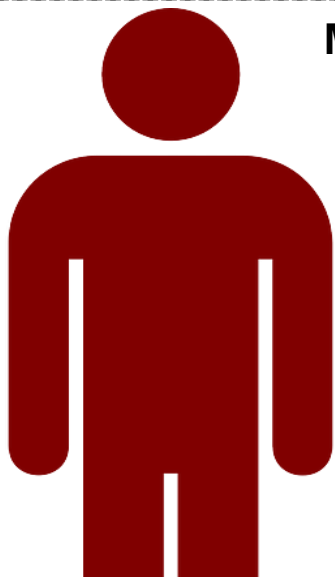
symptoms



vary by

**gender**

## Mutual Stroke Symptoms:



Face drooping

Arm weakness

Speech difficulties

Vision problems

Trouble walking or lack of coordination

Severe headache without known cause



General weakness

Fatigue

Nausea or vomiting

Memory issues

Disorientation & confusion

NEARLY 1 IN 4  
STROKE VICTIMS  
HAD A PREVIOUS STROKE



**4 OUT OF 5 STROKES ARE PREVENTABLE**

## Ways to Prevent Strokes:

- Maintain a healthy weight & diet
- Control blood pressure
- Don't smoke
- Get tested for diabetes
- Check cholesterol & triglycerides
- Lower stress
- Moderate alcohol consumption