

GUIDE TO STROKE SYMPTOMS



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

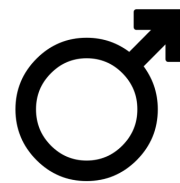


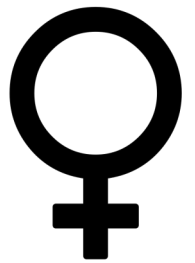
Someone dies of stroke every **4 minutes**.

Strokes are the **5th**

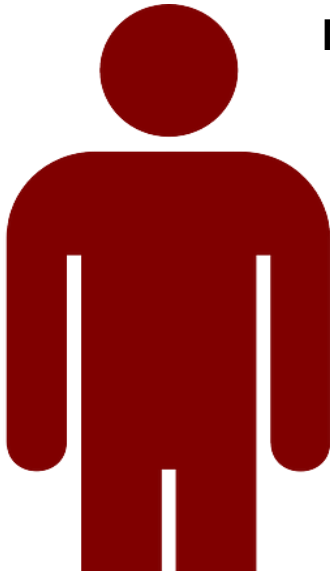
leading cause of death in the U.S.

Stroke symptoms vary by

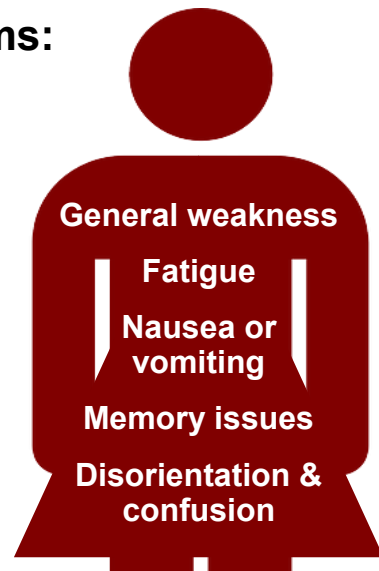



gender

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