

Stroke Don't Wait: BE FAST!



A stroke occurs when the blood supply to the brain is suddenly stopped. Stroke is the sixth leading cause of death and one of the leading causes of disability in Minnesota.

BE FAST

Learn and share the warning signs:

- **BALANCE LOSS:** Is coordination or balance suddenly difficult?
- **EYESIGHT CHANGES:** Is there sudden change in vision?
- **FACIAL DROOPING:** Does one side of the face droop or is it numb?
- **ARM WEAKNESS:** Is one arm weak or numb?
- **SLURRED SPEECH:** Is speech slurred? Are they unable to speak or hard to understand?
- **TIME TO CALL 9-1-1!** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately.

What to know

You can lower your risk of stroke

- Get physical activity.
- Eat healthy foods.
- Control blood pressure and cholesterol.
- Manage diabetes.
- Quit smoking.
- Manage atrial fibrillation (irregular heartbeat).

Quick treatment means less brain damage

If diagnosed quickly, there are treatment options to help patients recover from a stroke:

- Clot-busting drugs can dissolve the blood clot if given within 4.5 hours from when symptoms begin.
- For some patients, a doctor can remove the clot by guiding a device into the brain through a small flexible tube.

For more information

- <http://www.strokeassociation.org>
- strokemn.org
- stroke.org



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us

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