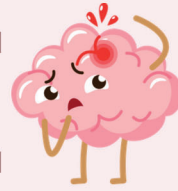


STROKE



**SECONDS MATTER. KNOW THE SIGNS.
SAVE A LIFE.**

WHAT IS A STROKE?

A stroke occurs when blood flow to the brain is blocked or a blood vessel bursts, cutting off oxygen and causing brain cells to die within minutes. **It is a medical emergency**, and immediate treatment can save a life and reduce long-term disability.

Stroke **can happen to anyone at any age**, but it can also be prevented through healthy lifestyle choices and regular medical care.

KNOW THE SIGNS

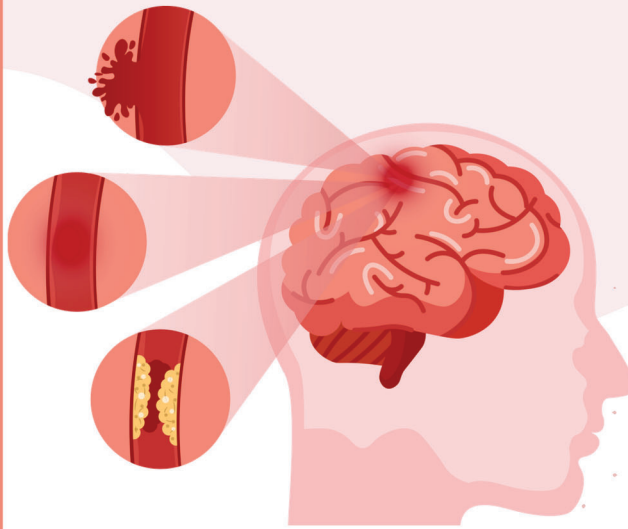
If someone shows any of these signs, **call 911 immediately**:

F – Face Drooping: One side of the face appears uneven or numb.

A – Arm Weakness: One arm feels weak or drifts downward.

S – Speech Difficulty: Speech is slurred or hard to understand.

T – Time to Call 911: Act immediately; every minute counts.



WHO IS AT RISK?

Anyone can have a stroke, but risk is higher for people with:

- High blood pressure
- Diabetes
- High cholesterol
- Heart disease
- Obesity
- A history of smoking
- Limited physical activity

Family history and increasing age can also raise risk.

HOW TO LOWER YOUR RISK

Small, healthy lifestyle changes can make a big difference:

- Check blood pressure and exercise for 30 minutes regularly.
- Eat a balanced diet and limit processed foods.
- Avoid smoking and limit alcohol use.

For more information, visit the [American Stroke Association](https://www.americanstroke.org) website, or scan the QR code:

