



Stroke Warning Signs

WHAT TO LOOK FOR:

- ▶ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ▶ Sudden confusion, trouble speaking or understanding.
- ▶ Sudden trouble seeing in one or both eyes.
- ▶ Sudden trouble walking, dizziness, loss of balance or coordination.
- ▶ Sudden, severe headache with no known cause.

**If you have any
of these signs,
CALL 9-1-1
IMMEDIATELY!**

Partners at Heart



**Port Huron
Hospital**



**ST. JOSEPH
MERCY HOSPITAL**

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Stroke Facts

WHAT IS A STROKE?

- ▶ Stroke is a lack of blood flow to the brain caused by either a clogged or ruptured blood vessel.

WHAT ARE THE TYPES OF STROKE?

- ▶ Ischemic: a blood clot forms and blocks blood flow to the brain.
- ▶ Hemorrhagic: an artery in the brain ruptures, filling the area with blood.

WHAT IS A TRANSIENT ISCHEMIC ATTACK (TIA) OR "MINI STROKE"?

- ▶ A sudden, but temporary, interruption of blood supply to the brain.

WHAT ARE STROKE RISK FACTORS?

- ▶ Modifiable: smoking, diabetes, high blood pressure ($\geq 140/90$), elevated cholesterol, obesity, physical inactivity.
- ▶ Uncontrollable: age, gender, race/ethnicity, family history, prior stroke.

If you feel your are suffering a stroke, go to the Emergency Room Immediately!

You must arrive in the ER within 3 hours of the onset of symptoms to receive optimal treatment benefit.

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