

Stroke *Warning* *Signs*

- ◆ 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



**MERCY
HOSPITAL**



**Port Huron
Hospital**

1(800)326-1811

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 the 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 you 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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