

# SIX WAYS TO LOWER YOUR RISK FOR STROKE

## SIGNS OF STROKE

Signs of stroke can differ among men and women. Strokes do not always hurt and often include one or more of the following coming on quickly:

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

ACTING F.A.S.T. IS KEY:

**F**

**FACE** - Does one side of the face droop when smiling?

**A**

**ARMS** - Close the eyes and raise both arms. Does one arm drift downward?

**S**

**SPEECH** - Say a phrase such as: "You can't teach an old dog new tricks." Is the speech slurred? downward?

**T**

**TIME** - Call 9-1-1 immediately if you observe any of these signs.



## NCH STROKE CENTER

- + NCH is the only AHCA designated Comprehensive Stroke Center in Southwest Florida.
- + NCH Received AHA "Get with The Guidelines – Stroke Gold Plus Achievement Award with Target: Stroke Honor Roll Elite Plus"
- + NCH is a Joint Commission designated Primary Stroke Center
- + NCH has 16 Neurologists, 6 Neurosurgeons, 32 Teleneurologists and 3 Interventional Radiologists to treat stroke.

## WHAT IS A STROKE?

A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted.



## MANAGE YOUR CHRONIC HEALTH CONDITIONS TO LOWER YOUR RISK FOR STROKE



### Treat High Blood Pressure

Keeping your blood pressure under control is the most important thing you can do to avoid stroke.



### Manage Diabetes

Diabetes causes destructive changes in the blood vessels in the brain, increasing your risk for stroke.



### Treat High Cholesterol

Too much cholesterol in your blood can build up on artery walls, putting you at risk for stroke.

## MAKE LIFESTYLE CHANGES TO LOWER YOUR RISK FOR STROKE



### Quit Smoking

Cigarette smoking can double your risk of stroke by damaging blood vessels or causing them to narrow and thicken.



### Eat Right

A diet rich in fruits and vegetables and low in sodium and saturated fat can improve your health.



### Exercise Regularly

Obesity and physical inactivity contribute to high blood pressure, diabetes and high cholesterol.

FOR MORE INFORMATION ABOUT THE NCH STROKE CENTER

CALL BRENDA HARTMANN AT (239) 624-4172