

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