

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:

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NCH STROKE CENTER

- + NCH is the only AHCA designated Comprehensive Stroke Center
- + NCH Received AHA "Get with The Guidelines – Stroke Gold Plus 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



Manage Diabetes

Diabetes causes destructive changes in the blood vessels in



Treat Cholesterol

Too much blood cholesterol