

Controlling your risk: Act if you think you're having a "stroke"

A stroke (CVA, cerebrovascular accident, brain attack) causes permanent damage in your brain. It may be caused by a blood clot blocking artery or bleeding. Damage may include...



- being unable to speak clearly or at all.
- weakness on one side of your body.
- being unable to see clearly.
- having trouble understanding words and thoughts.
- being unable to care for yourself.

A transient ischemic attack (TIA, or mini-stroke) is a temporary blockage of an artery. You may have no permanent injury. However, having a TIA puts you at great risk for having a stroke later on.

How can you tell if you are having a stroke or TIA? You may have ...

- numbness or weakness of your face, arm, or leg. It may affect only one side of your body.
- confusion and trouble understanding spoken words.
- slurring or your speech or trouble speaking.
- trouble seeing out of one or both eyes.
- trouble walking. You may lose your balance.
- a sudden bad headache.

You can have one, some, or all of these feelings. Every second counts. You must get help within the first 3 hours to receive medicines that may limit the damage from a stroke

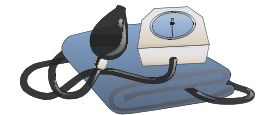
Call 911!



You are at increased risk for strokes if you...

have an irregular pulse caused by atrial fibrillation.

have uncontrolled high blood pressure.



have uncontrolled blood sugar.

do not exercise regularly.



have a diet high in "bad" fats, and alcohol.

