WHEN STROKE STRIKES, EVERY SECOND COUNTS.

A stroke is always a medical emergency. The longer it goes untreated the greater the chance of lasting damage. **Time lost is brain lost.** Learn to recognize the signs of stroke using the letters F-A-S-T.

### PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Know the cause of my stroke
- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Be involved in my treatment plan decisions
- Take medications as prescribed
- Join a program that includes exercise, education and counseling

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