How my stroke is affecting me physically:

Take time to talk with your health care team about the specific physical effects you’re having now. Also watch for those that may come up later. Make notes of things the team tells you that you’ll want to remember:

(Circle “L” for left side or “R” for right side)

<table>
<thead>
<tr>
<th>FACE</th>
<th>LIPS</th>
<th>TONGUE</th>
<th>ARM</th>
<th>HAND</th>
<th>LEG</th>
<th>FOOT</th>
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- □ PARALYSIS
  - L
  - R
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  - R
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  - R

- □ WEAKNESS
  - L
  - R
  - L
  - R
  - L
  - R
  - L
  - R
  - L
  - R

- □ Fatigue

- □ Incontinence

- □ Seizure

- □ Foot drop

- □ Swallowing difficulty (dysphagia)

- □ Trouble with balance

- □ One-side neglect

- □ Pain (might arise later)

- □ Trouble with vision