RECOGNIZING STROKE

F.A.S.T.

Face Drooping | Arm Weakness | Speech Difficulty | Time to Call 911

American Stroke Association
YOU AND YOUR BRAIN

YOUR BRAIN:

• HELPS YOU TO UNDERSTAND INFORMATION FROM YOUR SENSES

• RESPONSIBLE FOR THINKING, REMEMBERING, UNDERSTANDING, PLANNING, REASONING, AND PROBLEM-SOLVING
YOUR BRAIN

• ONE OF THE LARGEST AND MOST COMPLEX ORGANS IN YOUR BODY

• MADE UP OF MORE THAN 100 BILLION NERVES

• ALL PARTS OF THE BRAIN MUST WORK TOGETHER TO KEEP YOU FUNCTIONING PROPERLY
F.A.S.T. STROKE FACTS

• STROKE IS A “BRAIN ATTACK”
• STROKE CAN HAPPEN TO ANYONE, AT ANY AGE, AND AT ANYTIME
• TWO MILLION BRAIN CELLS DIE EVERY MINUTE DURING A STROKE
• STROKE IS THE 5TH LEADING CAUSE OF DEATH IN THE U.S. (4TH LEADING CAUSE OF DEATH IN WOMEN)
• LEADING CAUSE OF ADULT DISABILITY
F.A.S.T. STROKE FACTS

• ABOUT 55,000 MORE WOMEN THAN MEN HAVE A STROKE EACH YEAR

• AFRICAN-AMERICANS ARE TWICE AS LIKELY AS WHITES TO HAVE A FIRST-TIME STROKE

• 80% OF STROKES ARE PREVENTABLE (LIFESTYLE CHANGES)

• MEDICAL OPTIONS EXIST THAT MAY REDUCE THE EFFECTS OF STROKE IF ADMINISTERED SOON AFTER THE ONSET OF SYMPTOMS
WHAT IS A STROKE?

• A STROKE OCCURS WHEN ONE OF THE BLOOD VESSELS THAT CARRY BLOOD TO THE BRAIN IS BLOCKED OR BURSTS

• THAT PART OF THE BRAIN DOES NOT GET THE BLOOD THAT IT NEEDS CAUSING BRAIN CELLS TO DIE

• STROKE IS AN EMERGENCY! ACT F.A.S.T. AND CALL 9-1-1 IMMEDIATELY!

F.A.S.T.

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to Call 911
TYPES OF STROKE – ISCHEMIC STROKE

• MOST COMMON TYPE OF STROKE
• OCCURS WHEN ARTERIES ARE BLOCKED BY BLOOD CLOTS OR BY THE GRADUAL BUILD-UP OF PLAQUE AND OTHER FATTY DEPOSITS
• 87% OF STROKES ARE ISCHEMIC
TYPES OF STROKE – HEMORRHAGIC STROKE

• OCCURS WHEN A BLOOD VESSEL IN THE BRAIN BREAKS, LEAKING BLOOD INTO THE BRAIN

• 13% OF STROKES ARE HEMORRHAGIC

• ARE ASSOCIATED WITH A HIGHER RISK OF DEATH THAN ISCHEMIC STROKES
WHY LEARN F.A.S.T.?

• TO SAVE LIVES
• EASY TO REMEMBER
• EASY TO TEACH
• REQUIRES QUICK ACTION
F.A.S.T.

- **FACE DROOPING**: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

- **ARM WEAKNESS**: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **SPEECH**: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

- **TIME TO CALL 9-1-1**: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.
OTHER SYMPTOMS OF STROKE (SUDDENS)

• SUDDEN NUMBNESS OR WEAKNESS OF FACE, ARM, OR LEG, ESPECIALLY ON ONE SIDE OF THE BODY

• SUDDEN CONFUSION, TROUBLE SPEAKING OR UNDERSTANDING SPEECH

• SUDDEN TROUBLE SEEING IN ONE OR BOTH EYES

• SUDDEN TROUBLE WALKING, DIZZINESS, LOSS OF BALANCE OR COORDINATION

• SUDDEN SEVERE HEADACHE WITH NO KNOWN CAUSE
ACT F.A.S.T.

• IF YOU EXPERIENCE ONE OR MORE OF THESE SYMPTOMS OR NOTICE THEM IN SOMEONE ELSE, EVEN FOR A SHORT TIME, CALL 9-1-1

• MEDICAL OPTIONS EXIST THAT MAY REDUCE THE EFFECTS OF STROKE

• Time is of importance, as treatment must be administered soon after the onset of symptoms

• STROKE STRIKES F.A.S.T. – YOU SHOULD TOO!

F.A.S.T.

Face Drooping | Arm Weakness | Speech Difficulty | Time to Call 911
TRANSIENT ISCHEMIC ATTACK (TIA)

- AN EPISODE, SOMETIMES CALLED A MINI-STROKE
- SYMPTOMS CAN BE TEMPORARY OR MAY COME AND GO
- TIA GENERALLY DOES NOT CAUSE PERMANENT BRAIN DAMAGE
- TIA CAN BE A SERIOUS WARNING SIGN OF STROKE AND SHOULD NOT BE IGNORED
- SYMPTOMS OF TIA AND STROKE ARE BASICALLY THE SAME
EFFECTS OF STROKE

THE EFFECTS OF STROKE DEPEND ON VARIOUS FACTORS:

• THE REGION OF THE BRAIN THAT WAS AFFECTED
• THE SIZE OF THE AREA THAT WAS DAMAGED BY THE STROKE
• THE FUNCTIONS THAT THE DAMAGED AREA CONTROLLED
RISK FACTORS THAT CANNOT BE CONTROLLED

• AGE: WHILE STROKES CAN OCCUR AT ANY AGE, RISK INCREASES OVER 55 YEARS OF AGE

• FAMILY HISTORY: STROKES APPEAR TO HAVE A GENETIC LINK; YOU ARE AT A HIGHER RISK IF AN IMMEDIATE FAMILY MEMBER HAS HAD A STROKE

• RACE AND ETHNICITY
RISK FACTORS THAT **CANNOT** BE CONTROLLED

- **GENDER**: WOMEN HAVE A LOWER RISK THAN MEN BEFORE MENOPAUSE, BUT MORE WOMEN THAN MEN DIE OF STROKE

- **PRIOR STROKE OR TRANSIENT ISCHEMIC ATTACK (TIA)**:
  - A person who has had one or more TIA(s) is almost 10 times more likely to have a stroke than someone of the same age and sex who hasn’t.
  - If you had a stroke, it means you are at a greater risk for another stroke – almost 1 in 4 will experience a recurrent stroke.
MEDICAL RISK FACTORS

• HIGH BLOOD PRESSURE: A MEASUREMENT OF 130/80 MM HG AND ABOVE IS CONSIDERED HIGH BLOOD PRESSURE

• DIABETES: HAVING DIABETES MORE THAN DOUBLES YOUR RISK OF STROKE. HIGH BLOOD GLUCOSE INCREASES PLAQUE BUILDUP IN YOUR ARTERIES.

• CHOLESTEROL: BUILDUP OF FATTY DEPOSITS AND OTHER CELLS IN ARTERY WALLS.
MEDICAL RISK FACTORS

• CIRCULATION PROBLEMS: STROKES CAN BE CAUSED BY BLOCKAGE IN YOUR ARTERIES AND VEINS THAT CARRY BLOOD THROUGH YOUR HEART TO YOUR BRAIN.

• ATRIAL FIBRILLATION (AFIB): AFIB INCREASES STROKE RISK FIVEFOLD.
LIFESTYLE RISK FACTORS

• QUIT TOBACCO USE AND SMOKING: CURRENT SMOKERS HAVE A 2 TO 4 TIMES INCREASED RISK OF STROKE COMPARED TO NONSMOKERS OR THOSE WHO HAVE QUIT SMOKING MORE THAN 10 YEARS AGO.

• ELIMINATE OR REDUCE ALCOHOL USE: HEAVY DRINKING CAN INCREASE YOUR RISK FOR STROKE. THE RECOMMENDATION IS NO MORE THAN 2 DRINKS PER DAY FOR MEN AND NO MORE THAN 1 DRINK PER DAY FOR NON-PREGNANT WOMEN.
LIFESTYLE RISK FACTORS

• INCREASE PHYSICAL ACTIVITY: PHYSICAL ACTIVITY CAN HELP REDUCE STROKE RISK; A BRISK 30 MINUTE WALK EACH DAY CAN IMPROVE DAILY HEALTH (THAT IS JUST 15 MINUTES EACH WAY!).

• MAINTAIN A HEALTHY WEIGHT: OBESITY AND EXCESSIVE WEIGHT CAN PUT A STRAIN ON THE ENTIRE CIRCULATORY SYSTEM.
LIFESTYLE RISK FACTORS

• EAT A HEALTHY DIET:
  • Rich in fresh fruit and vegetables
  • Limit salt intake
  • Avoid fried foods
  • Avoid snacking
F.A.S.T.

• THINK AND ACT F.A.S.T. TO SAVE A LIFE
• CALL 9-1-1 IMMEDIATELY
• IMPROVE SURVIVAL AND RECOVERY
WHAT DO THESE PICTURES HAVE IN COMMON?
WHAT DO THESE PICTURES HAVE IN COMMON?

F.A.S.T.
WHY TEACH FAST?

• THE MEDICAL TEAM CAN ACT FAST

• ONCE YOU REACH THE HOSPITAL, THE TEAM WILL DETERMINE WHAT TYPE OF STROKE IT IS

• IF YOU ARE DIAGNOSED WITH A STROKE CAUSED BY A BLOOD CLOT, YOU MAY RECEIVE TREATMENT

• THE MEDICATION CAN ONLY BE GIVEN SOON AFTER THE ONSET OF SYMPTOMS
DISCUSSION QUESTIONS

• DO YOU KNOW SOMEONE WHO HAS SURVIVED A STROKE?
• HOW CAN YOU RECOGNIZE STROKE WHEN IT HAPPENS?
• WHY IS TIMING SO IMPORTANT WHEN RESPONDING TO AND TREATING STROKE?
• WHAT PERCENTAGE OF STROKES CAN BE PREVENTED?
• WHICH MEDICAL CONDITIONS SHOULD BE TREATED IN ORDER TO REDUCE THE RISK OF STROKE?
• WHAT TYPES OF SMALL CHANGES CAN YOU IMPLEMENT IN YOUR LIFE TO REDUCE YOUR RISK FOR PRIMARY OR SECONDARY STROKE?
FOR MORE INFORMATION VISIT
STROKEASSOCIATION.ORG