What can I do to reduce my stroke risk?

1. Know your blood pressure. If you have high blood pressure, work with your primary care provider to get it under control.
2. If you smoke, STOP smoking.
4. If you have diabetes, work with your primary care provider to get it under control.
5. Exercise regularly.
6. If you have been prescribed a “blood thinner” medication such as:
   • Aspirin
   • Plavix (clopidogrel)
   • Xarelto (rivaroxaban)
   • Aggrenox (aspirin + dipyridamole)
   • Coumadin (warfarin)
   • Pradaxa (dabigatran etexilate)
   It is important to not stop taking them without talking to your provider.
7. If you are on Coumadin (warfarin) for irregular heart rhythm (atrial fibrillation), or for a valve replacement, MAKE SURE YOU KNOW WHAT YOUR INR/Prothrombin Time is EVERY TIME your blood is drawn. This test measures how thin your blood is at that time. Ask your provider about the range that is right for you.
What is a stroke?

- A stroke or “brain attack” occurs when a blood clot blocks an artery, or a blood vessel breaks, interrupting blood flow to an area of the brain. When either of these occur, brain cells die and results in brain damage.

- In the United States, stroke is the fourth leading cause of death and a leading cause of long-term adult disability.

- Approximately 795,000 strokes will occur this year, one occurring every 40 seconds, and taking a life approximately every four minutes.

- Two million brain cells die every minute during a stroke, increasing the risk of permanent brain damage, disability or death. Recognizing symptoms & acting FAST to get medical attention can save a life and limit disabilities.

STROKE IS AN EMERGENCY!

| F | FACE | Uneven smile
Facial droop |
| A | ARM  | Arm numbness
Arm weakness |
| S | SPEECH | Slurred speech
Difficulty speaking or understanding |
| T | TIME | Call 9-1-1
Immediately |

Beyond F.A.S.T. - Other symptoms you should know:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

What should I do if I am having or see someone having these signs?

ACT FAST!
Call 9-1-1 Immediately!

DO NOT:

- Call your primary care provider
- Call a family member
- Drive yourself to the hospital
- Ignore the signs and think they will go away