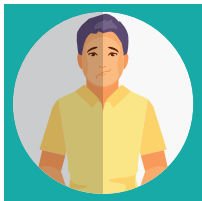


STROKE

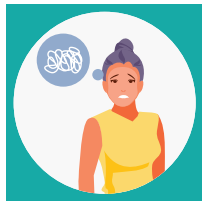
101

Every **40 seconds**, someone in the U.S. has a stroke. A stroke happens when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. This interrupts blood flow, causing brain cells to die.

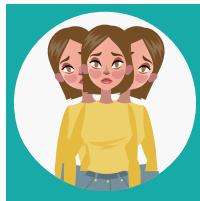
Spotting a Stroke



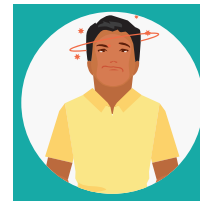
Numbness or weakness in the face, arm or leg (especially on one side of the body)



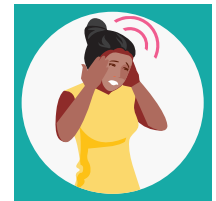
Trouble speaking or understanding others



Difficulty seeing



Trouble walking, dizziness and loss of balance or coordination



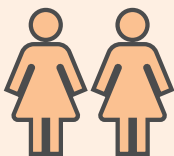
Severe headache

If you notice any of the symptoms listed above, call **911** right away.

Did You Know?



Treatment is most effective within **3 hours** of the onset of symptoms.



Stroke kills **twice as many** women as breast cancer does.



An estimated **80%** of strokes can be avoided by making healthy lifestyle choices.

Preventing a Stroke



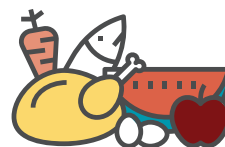
Get high blood pressure under control.



Don't smoke.



Manage your diabetes, if you have it.



Eat a healthy diet.



Exercise regularly.