

# Stroke Awareness & Prevention



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## **What's a stroke? (pg 1 of 3)**

A stroke occurs when a blood vessel in the brain bursts or gets clogged. The affected part of the brain doesn't get the blood it needs and, in minutes, begins to die. If you have a stroke, you could die, suffer paralysis or have trouble talking or understanding speech. Your vision could be affected. You could also lose emotional control or become depressed. Each stroke has different effects.

### **What are the types of stroke?**

If we consider an isolated blood vessel, blood flow to the brain tissue can be hampered in two ways:

- the vessel becomes blocked within (ischemic stroke)
  - o - Ischemic stroke accounts for about 88 percent of all cases.
  - o - Ischemic strokes occur as a result of an obstruction within a blood vessel supplying blood to the brain. The part of the brain beyond the blockage becomes deprived of blood.
- the vessel ruptures, causing blood to leak into the brain (hemorrhagic stroke)
  - o - Hemorrhagic stroke accounts for about 12 percent of stroke cases.
  - o - Hemorrhagic strokes result from a weakened vessel on or in the brain that ruptures and bleeds into the surrounding brain. The blood accumulates and compresses the surrounding brain tissue. The part of the brain downstream from the rupture becomes deprived of blood

### **What are transient ischemic attacks?**

Also called TIAs, transient ischemic attacks are "mini" or warning strokes. In a TIA, there is a temporary decrease in blood flow to a part of the brain and the typical stroke warning signs develop. However, the obstruction occurs for a short time and tends to resolve itself through normal mechanisms. Even though the symptoms disappear after a short time, TIAs are strong indicators of a possible major stroke. A TIA is considered a medical emergency.

### **General Stroke Statistics**

About 700,000 Americans will have a new or recurrent stroke this year – that's someone every 45 seconds. Stroke is the nation's No. 3 killer and a leading cause of severe, long-term disability. Over 162,000 people will die from a stroke this year.. 14 percent of people who survive a first stroke or TIA (transient ischemic attack) will have another one within one year. The length of time to recover from a stroke depends on severity. 50 to 70 percent of stroke survivors regain functional independence, but 15 to 30 percent are permanently disabled. 20 percent require institutionalized care at three months after onset.

<http://www.strokeassociation.org/>

## What's a Stroke? (pg 2 of 3)

### Stroke and African Americans

While anyone can have a stroke, knowing about and managing risk factors reduces risk. African Americans are among those least aware of stroke risk factors, despite having a high prevalence of high blood pressure, obesity and tobacco use. In fact,

- Blacks have almost twice the risk of first-ever strokes compared to whites.
- Blacks have higher death rates for stroke compared to whites.
- The prevalence of high blood pressure in African Americans in the United States is the highest in the world.
- Among non-Hispanic blacks age 20 and older, 62.9 percent of men and 77.2 percent of women are overweight or obese.
- In 2001, 27.7 percent of black or African-Americans only, used any tobacco product. Heavy cigarette smoking approximately doubles a person's risk for stroke when compared to light smokers..
- Black women have higher prevalence rates of high blood pressure, obesity, physical inactivity, and diabetes than white women.

### What can I do to help prevent a stroke and the debilitating affects from stroke?

- See your doctor to check if you're at risk.
- Take recommended steps to control your risk factors.
- Know the warning signs.
- If you think you might be having a stroke or TIA ("mini-stroke"), call 9-1-1 immediately or the emergency medical services (EMS) number.

You can reduce your chances of having a stroke. It starts by you becoming aware of your risk factors. You can't change or control some of them; some you can — by making a few changes in your daily habits or taking medicine as prescribed.

### How can I reduce my risk for stroke?

- Control your blood pressure
- Stop smoking
- Maintain a healthy weight
- Get physical activity at least 30 minutes a day on most days of the week
- Keep diabetes under control

### What are the warning signs of stroke?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or 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

<http://www.strokeassociation.org/>

## **What's a Stroke? (Pg 3 of 3)**

### **Can I reduce the effects of stroke while I am having a stroke?**

In many cases, yes. There's a treatment available for stroke if administered within the first three hours of the start of a stroke. Most strokes are ischemic (caused by a blood clot), so clot-busting drugs, if administered early, can reduce long-term disability from stroke. Your chances of walking away from a stroke greatly increase if those around you know how to recognize stroke and immediately call 9-1-1.

### **Can I fully recover from a stroke?**

Yes. Stroke rehabilitation involves several different therapies, and the sooner that rehabilitation begins, the greater the chance for recovery and leading a productive life. Most stroke survivors are left with a disability, but some recover completely or have only mild impairments. Some survivors with severe disabilities can be taught to walk and care for themselves again.

Resources from the American Stroke Association can help you or a loved one work with your doctors and reach out to other stroke survivors to become stronger. To contact us, call 1-888-4-STROKE or visit the American Stroke Association online at <http://www.strokeAssociation.org>

<http://www.strokeassociation.org/>

## Stroke Doesn't Discriminate!!!

- Stroke doesn't discriminate – if affects people of all ages, ethnicities and socioeconomic levels.
- Stroke is the No. 3 cause of death in the U.S. and a leading cause of disability.
- One of every six people over age 55 is at risk of having a stroke.
- You can take simple steps now to avoid having a stroke.

### **Stroke is our nation's No. 3 killer and a leading cause of disability.**

- On average, one stroke occurs every 45 seconds.
- Every 3 minutes, someone dies of stroke.
- Each year, about 700,000 Americans have a stroke.
- 15-30% of stroke survivors are permanently disabled.

### **Stroke takes a serious toll in the workplace.**

- Stroke will cost our nation an estimated \$56.8 billion in 2005 (medical costs, lost productivity).

### **Stroke affects people of all ages, ethnicities and socioeconomic levels**

- About 40,000 more women than men suffer a stroke each year.
- The lifetime risk for stroke is greater than one in six after age 55.
- Blacks have almost twice the risk of first-ever stroke compared to whites. The overall death rate for stroke is 56.2%, but for black women it was 71.8% and for black men it was 81.7%.
- Hispanics age 35-54 have a 1.3 times greater relative risk for stroke than non-Hispanic whites.

**Know your stroke risk factors.**

**A family history of stroke increases your risk.**

**Please use the materials in this eBook**

anytime during the year to help spread the word about the dangers of stroke and what can be done to prevent and treat it.

For stroke brochures and/or information on local stroke education activities, contact your local American Stroke Association office or call toll-free **1-888-4-STROKE**.

**Thank you  
for promoting stroke awareness.**

We appreciate your partnership as we mobilize our network of volunteers to increase public awareness about this very important health issue.

<http://www.strokeassociation.org/>

# Are you the next **FACE OF STROKE?**

*Take this risk assessment quiz to find out*

**This year**, stroke will strike 700,000 Americans of all ages, genders and ethnicities. A member of your family, a friend or neighbor — even you — could be a victim.

**Stroke** is our No. 3 killer and a leading cause of disability. **Stroke** has as many faces as it as victims. Yet many people aren't aware of their risk factors, many of which are preventable or controllable.

## **TAKE CONTROL BY KNOWING YOUR RISKS.**

**Check all lines below that apply to you.**

\_\_\_ **AGE and SEX.** . . You are a man over age 45, OR a woman over 55, OR you've passed menopause or had your ovaries removed and aren't taking estrogen.

\_\_\_ **FAMILY HISTORY.** . . Your mother, father, sister, brother or grandparent had a stroke, OR your father or brother had a heart attack before age 55, OR your mother or sister had a heart attack before age 65.

\_\_\_ Your **BLOOD PRESSURE.** . . is 120/80 or higher, OR a health professional has said your blood pressure is too high, OR you don't know what your blood pressure is.

\_\_\_ You **SMOKE.** . . OR live or work with people who smoke tobacco regularly

\_\_\_ You have **DIABETES.** . . a fasting blood sugar of 126 or higher, OR you need medicine to control you blood sugar.

\_\_\_ Your **CHOLESTEROL.** . . is 240 or higher, OR you don't know your level.

\_\_\_ Your **HDL.** . . (good) cholesterol is less than 35, OR you don't know your HDL level.

\_\_\_ Your **PHYSICAL ACTIVITY.** . . is less than a total of 30 minutes on most days.

\_\_\_ **MEDICAL HISTORY.** . . You have been told you have carotid artery disease, OR you've had a stroke or TIA (transient ischemic attack) or "mini stroke," OR you have a disease of the leg arteries, a high red blood cell count or sickle cell anemia.

\_\_\_ You have atrial fibrillation, coronary heart disease or other heart condition(s), OR had a heart attack.

If you checked one or more lines, you are at an increased risk for stroke.  
See a healthcare provider for a complete assessment of your risks!

<http://www.strokeassociation.org/>

## GOALS FOR A HEALTHY LIFE

### Stroke isn't inevitable.

You can reduce your risk for stroke by being physically active, eating properly, not smoking, limiting alcohol intake and working with your doctor to reach or maintain these goals for a healthy life:

- Total cholesterol** - Less than 200
- LDL (bad) cholesterol** - Goals vary. -No heart disease and one or no risk factors: less than 160  
-Most people with two or more risk factors: less than 130.  
-People with heart disease or diabetes: below 100.
- HDL (good) cholesterol** - 50 or higher for women and 40 or higher for men
- Triglycerides** - Less than 150
- Blood pressure** - Less than 120/80
- Fasting blood sugar** - Less than 100
- Body Mass Index (BMI)** - Between 18.5 and 25
- Waist circumference** - Less than 35 inches
- Exercise** - At least 30 minutes most/all days of the week.
- Balanced diet** - Fruits, vegetables, grains, low-fat or non-fat dairy products, fish, legumes and sources of protein low in saturated fat (poultry, lean meats and plant sources).
- Regular doctor visits**

**If a healthy diet and regular exercise aren't enough to reduce your risk of stroke**, ask your doctor about medication and take it as prescribed. Even if you take medication, a healthy diet and exercise are important.

<http://www.strokeassociation.org/>

## QUESTIONS to ask your doctor about stroke prevention

Knowing your family health history and risk factors for stroke is the first step to fighting back. Visit <http://www.strokeassociation.org> to learn more. Then ask about your risks the next time you see your doctor.

### Stroke

- What are my risk factors?
- How would I know if I am having a stroke or TIA (mini-stroke)?

### High Blood Pressure

- What is an optimal blood pressure for me?
- What is my blood pressure and how can I reach and maintain a healthy level?
- How often should I have my blood pressure checked?
- Should I be on one or more blood pressure medicines in addition to following a healthier lifestyle?

### Smoking

- How does smoking affect my risk for stroke?
- What's the best way for me to quit smoking?

### Weight Management & Physical Activity

- What is my Body Mass Index (BMI)?
- What range is healthy for me?
- What type of diet and physical activity are best for me?

### Diabetes

- What are my risk factors for diabetes?
- Diabetes runs in my family. How can I prevent it?
- I have diabetes. How can I control it?

### Cholesterol

- What are healthy total, HDL and LDL cholesterol levels for me?
- How can I reach or maintain those levels?
- How often should I have my cholesterol checked?
- If my cholesterol levels are high, should I take medicines such as statins, niacin or fibrates in addition to working on nutrition and exercise?

### Family History

- Does my family history of high blood pressure, stroke, diabetes or obesity put me at increased risk?

<http://www.strokeassociation.org/>

# Stroke

***Know the risks. - Know the signs.***

Each year, 700,000 Americans have a new or repeat stroke.

In people over 55, the lifetime risk for stroke is greater than 1 in 6.

**Protect yourself and your family.  
Know your stroke risks and know the stroke warning signs.**

## Stroke Risk Factors

- High blood pressure
- Diabetes
- Atrial fibrillation
- Obesity
- High cholesterol
- Increasing age
- Family history
- Smoking
- Carotid artery disease
- Sickle cell disease
- Physical inactivity
- TIA (mini-stroke)
- Race
- Male gender

## Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or 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

**If you or someone near you have any of these symptoms, call 9-1-1 immediately.**

**Time lost is brain lost.**

Visit <http://www.strokeassociation.org> or call 1-888-4-STROKE for more information on stroke risk factors; and how you can help keep yours under control.

<http://www.strokeassociation.org/>

## HIGH BLOOD PRESSURE

### TREAT IT EARLIER!

### TREAT IT MORE AGGRESSIVELY!

**Millions of Americans who think they're healthy are actually prehypertensive and should take action to prevent full-blown high blood pressure.**

#### **New guidelines call for tighter control at all levels.**

1. Control blood pressure before it's high.  
Lose weight if you need to. Get regular physical activity.  
Limit salt and alcohol intake.
2. People over age 50...  
...whose top number is 140 or more  
should be treated regardless of their bottom number.
3. Two (or more) drugs are better...  
... for most people with pressure 140/90 or higher.  
For most of them, one drug should be a diuretic.
4. Doctors should treat it more aggressively.  
Nearly a third of people with high blood pressure don't know it.  
Two-thirds of diagnosed patients don't have it under control —  
often because doctors hesitate to prescribe a second or third medication.

#### **Most of us will have high blood pressure if we live long enough.**

Heart disease risk begins rising once blood pressure creeps above 115/75.

Risk doubles for each 20-point rise in the top number or 10-point rise in the bottom number.

People who are prehypertensive — even if they're a skinny 20-something with 120/80 readings — should make wiser lifestyle choices to stave off the blood-pressure creep that comes with age.

<http://www.strokeassociation.org/>

## HIGH BLOOD PRESSURE

**DOESN'T HURT...**

**BUT IT CAN SHORTEN YOUR LIFE**

**When you have high blood pressure,  
there may be no symptoms.**

There will, however, be consequences...  
...like an increase in your risk of heart attack,  
stroke,  
kidney failure, eye damage and congestive heart  
failure.

**That's why it's important  
to get regular blood pressure checks.**

If your pressure is too high,  
diet, exercise and medication can help control it.  
Our online Heart Profilers treatment decision tool  
at <http://www.mericanheart.org> can help you  
and your doctor work together to develop a  
treatment plan that's best for you.

<http://www.strokeassociation.org/>

## DANGEROUS MYTHS ABOUT HIGH BLOOD PRESSURE

1. **COMMON SIGNS INCLUDE NERVOUSNESS, SWEATING AND TROUBLE SLEEPING.**

**Wrong.** High blood pressure has no symptoms. The only way to know if you have it is to check your blood pressure.

2. **STRESS GIVES EVERYONE HIGH BLOOD PRESSURE. IT'S JUST A FACT OF LIFE I DON'T NEED TO WORRY ABOUT.**

Stress can increase your risk so check your blood pressure often. People with uncontrolled hypertension have a much greater risk of heart disease, heart failure and stroke.

3. **WHEN I VISIT THE DOCTOR, MY BLOOD PRESSURE IS HIGH BECAUSE I'M NERVOUS. I'M SURE IT'S OK AT HOME.**

Some people have higher blood pressure in a doctor's office due to nervousness. Things that can affect blood pressure include physical exertion, strong emotion and stress. Home monitoring is one way to help your doctor measure your true pressure. Never ignore several readings indicating that you may have high blood pressure.

4. **WOMEN NEEDN'T WORRY. IT'S A MAN'S PROBLEM.**

**False.** Some things may put women at even greater risk for hypertension: using birth control pills, being pregnant, overweight, postmenopausal or African- American, or having a family history of high blood pressure.

5. **I FEEL FINE, SO I CAN STOP TAKING MY BLOOD PRESSURE MEDICINE.**

**Absolutely not!** Hypertension is a lifelong disease that can be controlled but not cured. Take medication exactly as prescribed. Cutting back or quitting is dangerous.

6. **I CAN TAKE ANY OVER-THE-COUNTER COLD OR FLU MEDICINE.**

**Wrong.** Certain cold, cough and flu medicine with decongestants can be dangerous for people with high blood pressure. They can increase blood pressure and interfere with blood pressure drugs

7. **I DON'T NEED TO CHECK MY BLOOD PRESSURE UNTIL MIDDLE AGE.**

**Wrong.** Start checking pressure early. Children as young as age 6 can have high blood pressure. Heavier, more sexually mature teens tend to have higher pressure; those with high blood pressure and extra pounds can have thicker arteries by age 30.

<http://www.strokeassociation.org/>

**PLEDGE**

**HIGH BLOOD PRESSURE:**

**LOWER YOUR RISK**

I, \_\_\_\_\_, will take at least three actions to help lower my high blood pressure and risk for heart disease and stroke:

- Know what my blood pressure should be and try to keep it at that level.
- Regularly check my blood pressure and track my numbers.
- Read food labels and buy foods low in sodium and fat.
- Know my body mass index (BMI) and take steps to maintain a healthy weight.
- Do moderate physical activity like brisk walking at least 30 minutes on most/all days (in three 10-minute segments if necessary).
- Stay tobacco-free. If I smoke, pick a quit date and ask my doctor for help with quitting.
- Limit alcohol to no more than two drinks a day (men) or one drink a day (women).
- Take medication exactly as prescribed.
- Take the brief online Learn and Live quiz at <http://www.americanheart.org> to understand

my risk for heart disease and stroke.

Urge others who may be at risk to check their blood pressure.

I will ask these people to help me:

1. \_\_\_\_\_ 2. \_\_\_\_\_

I will ask them to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will reward myself and my helpers by (be specific):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Signature \_\_\_\_\_

Witness' Signature \_\_\_\_\_

Date \_\_\_\_\_

(Clip & post this where you'll see it often.)

For more information on blood pressure control,  
call 1-800-AHA-USA1 or logon to

<http://www.mericanheart.org/hbp>.

## HIGH BLOOD PRESSURE

### A SPECIAL MESSAGE FOR WOMEN

High blood pressure (hypertension) has no symptoms. In most cases, we don't know what causes it...

...but women should know when they may be particularly at risk.

#### **If you're on "the Pill"...**

Birth control pills are linked to hypertension in some women. It's more apt to occur if you're overweight, had hypertension during pregnancy, or have a predisposing condition such as kidney disease or a family history of hypertension. The pill can be especially dangerous for women who smoke. Ask your doctor to check your blood pressure before prescribing it and then again every six months or so.

#### **If you're pregnant...**

Hypertension can develop rapidly in the last three months of pregnancy. Untreated, it's dangerous to both mother and baby. If it doesn't disappear after delivery, it should be controlled with long-term treatment. Pregnancy can make existing hypertension more severe. Careful treatment helps ensure a normal pregnancy and baby.

#### **If you're overweight...**

Being overweight or gaining a lot of weight increases risk of hypertension.

#### **If you're African American...**

Black women, even very young ones, are much more susceptible than white women, and it's often more serious in them.

#### **After menopause...**

As women age, their risk becomes greater than men's. You may have had normal blood pressure all your life, but after menopause your risk increases considerably.

#### **If high blood pressure runs in your family...**

If your parents or other close relatives have had hypertension, chances are you have it or will develop it. If you have it, your children are likely develop it. Kids and adults should have regular blood pressure checks.

#### **The cure for high blood pressure...**

There's no cure, at least not yet. But it is controllable. You may need to lose weight, get more exercise, limit salt and alcohol intake, and take medication every day, maybe for life. Don't take life-or-death chances with a disease you can control.

For more information on blood pressure control,  
call 1-800-AHA-USA1 or logon to  
<http://www.americanheart.org/hbp>.

## **Many African Americans underestimate their risk for stroke, according to a new survey**

*Yolanda King, daughter of Dr. Martin Luther King Jr., helps American Stroke Association launch Power To End Stroke (Dallas, October 25)*—It happened to Coretta Scott King, Luther Vandross, and Robert Guillaume. And it may happen to you a stroke. In fact, blacks are almost twice as likely to have a stroke as whites, and about 100,000 African Americans will suffer from one this year, according to the American Stroke Association, a division of the American Heart Association.

That's why Yolanda King, daughter of Coretta Scott King and the late Dr. Martin Luther King, Jr., has teamed with the American Stroke Association to launch Power To End Stroke - an aggressive education and awareness initiative to reach African Americans, who are at greater risk than other ethnic groups.

### **Through Power To End Stroke, the association is working to:**

- create awareness around the serious health disparity of stroke in African Americans;
- drive the message that in many cases, stroke may be preventable;
- increase knowledge of the risk factors for stroke, particularly high blood pressure and diabetes;
- give information to African Americans to help reduce their risks.

An American Stroke Association survey of African Americans, conducted in August by Harris Interactive, found that 70 percent of African American adults think they are knowledgeable about stroke. However,

- Only 30 percent correctly define stroke;
- 49 percent know stroke symptoms; and
- Only 43 percent recognize that African Americans are the racial/ethnic group at the most risk for stroke; and
- 51 percent of African-American adults do not think that they will ever have a stroke.

"We want African Americans to first take the association's stroke pledge," King said. "It's a promise for people to sign committing to not just "survive," but "thrive" by doing their part to make the right health choices for themselves, their families and their communities to prevent and overcome stroke." The pledge may be shared with relatives and friends, and includes a reply card for people to request and receive stroke-related information and incentives throughout the year.

(Continued)

## Many African Americans underestimate their risk for stroke *(cont'd)*

The American Stroke Association encourages African Americans to know their family's health history, and work with their doctors to prevent and manage stroke risks. "A substantial number of African Americans aren't making the connection that their ethnicity and family's history increases their stroke risk," said Bruce Ovbiagele, M.D., a neurologist at UCLA Westwood Hospital. "Some factors, such as family history, age, ethnicity and having a previous stroke, increase risk for stroke and can't be controlled. Others, such as high blood pressure, smoking, diabetes, obesity or high cholesterol can be changed or treated."

"Since my mother has suffered a stroke, I know that it is doubly important for my family and me to pay special attention to the risk factors that we can control or eliminate. That's why we are taking the American Stroke Association's pledge and getting serious about reducing our stroke risks for ourselves and our legacy," King said.

"In most cases, stroke is not inevitable," said Dr. Ovbiagele. "Taking simple steps now against even one risk factor can help reduce your risk of stroke."

Join the movement to fight stroke because you are the power to end stroke:

- Put down the cigarettes and stop smoking.
- Observe advice from your doctor and know your family's medical history.
- Watch your weight and be physically active at least 30 minutes most days of the week.
- Eat healthfully, avoid foods high in saturated, trans fat, cholesterol and sodium.
- Regulate and control high blood pressure and diabetes.

It is never too late to take action against stroke. For more information about the American Stroke Association or how you can join the "movement" to fight stroke, call 1-888-4-STROKE or visit [StrokeAssociation.org/power](http://StrokeAssociation.org/power).

### **About Yolanda King**

She is the first-born daughter of Coretta Scott King and Dr. Martin Luther King, Jr. Yolanda's mission is to encourage personal growth and positive social change through her artistic endeavors, including acting, producing, speaking and teaching. Her passion for peace and positive change prompted her to found Higher Ground Productions, an organization dedicated to teaching people to celebrate diversity and embrace unity.

### **About the American Stroke Association**

The goal of the American Stroke Association, a division of the American Heart Association, is to reduce disability and death from stroke through research, education and advocacy. In its 2003-04 fiscal year, the association spent \$162.4 million on stroke.

### **Methodology**

Harris Interactive conducted the survey on behalf of the American Stroke Association by telephone within the United States between August 10-31, 2005, among a nationwide cross section of 500 African-American adults age 18 or older. All respondents were selected using Random-Digit-Dial (RDD). Figures for age, sex, race, education, number of adults and number of voice/telephone lines in the household were weighted where necessary to align them with their actual proportions in the population.

If in Doubt

THINK **F.A.S.T.**

The symptoms of stroke can easily be remembered by the letters **F.A.S.T.**

**F.** = Facial Numbness, especially one side

**A.** = Arm numbness or weakness, Especially on one side

**S.** = Slurring speech

**T.** = Time. Immediately dial 911, or get to a qualified trauma unit!

**Don't delay,** even if the symptoms seem subtle!

**Remember time loss is brain lost!**

<http://www.strokeassociation.org/>

## Help Spread the Word!

If, you feel that this info is important to your loved ones as I now do, you may make them a copy of this. Or, simply refer them to <http://www.emprints.com/>

**(So, they can download a copy of their own)**

### **(Reminder)**

*I am neither a non-profit organization nor affiliated with the American Stroke Association in any way. But, due to personal experience, this means a lot to me! No one should ever have to go through what we have; **And it may have been avoided!** [Q & A's](#)*

**Your help is appreciated!!!**

**Visit my websites!**

<http://www.christiansoldierscross.com>

To view more articles visit my Digital Download Library at <http://www.emprints.com/>

**We have many tools to help you**

Understand and manage your stroke risk factors.  
Call 1-888-4-STROKE or visit <http://www.strokeassociation.org/> for more information