

BEFAST

Know the signs of stroke.

Stroke is a medical emergency.

For any sign of stroke, CALL 911! Every minute counts. Learn the physical symptoms to swiftly identify a stroke and save your life or the life of a loved one.

BALANCE: Sudden loss of balance.

EYES: Sudden loss of vision in one or both eyes.

FACE: Does the face look uneven?

ARMS: Does one arm drift down? Ask them to raise both arms.

SPEECH: Does their speech sound strange? Ask them to repeat a phrase.

TIME: Time is brain. Every second brain cells die during a stroke.

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What is Stroke?

Stroke is a disease that affects the arteries leading to and within the brain. It is #5 cause of death and a leading cause of disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

If you think you are experiencing symptoms of Stroke - seek medical attention immediately!

Only 21% of patients with acute stroke arrived at the emergency department with 2 hours of symptom onset. Immediate treatment may minimize the long-term effects of a stroke and even prevent death.

Call 9-1-1!

What Risk Factors of Stroke Can I change?

- ⚠️ Keep high blood pressure under control
- ⚠️ Cigarette smoking
- ⚠️ Keep blood glucose levels under control
- ⚠️ High blood cholesterol
- ⚠️ Keep blood cholesterol at normal levels
- ⚠️ Poor diet
- ⚠️ Physical inactivity and obesity

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