



WHAT IS A STROKE? A stroke is a medical emergency that occurs when blood flow is interrupted to part of the brain. Without blood, brain cells quickly begin to die. A stroke may cause paralysis, speech problems, memory loss, coma or even death.

With stroke being the third leading cause of death and the leading cause of long-term disability, everyone understands that “time is brain.” This means that doctors and nurses must treat stroke patients as quickly as possible, preferably within 3 hours after symptoms appear. Quickly diagnosing and treating patients can reduce brain injury and the long-term effects of stroke.

Delay in reaching the hospital at the beginning of a stroke limits the doctors’ and nurses’ abilities to treat stroke with the best therapies. Even with future advances, it will always be true that the sooner doctors begin treatment, the better the outcome will be.

STROKE ALERT
www.strokealert.org

WHAT IS THE STROKE ALERT? Because stroke rarely causes severe pain, most people with stroke don’t recognize that a problem exists. They often ignore their symptoms or think that the problem will go away without medical treatment. That’s why hundreds of hospitals across the country have united to form the Stroke Alert. Our mission is to educate **everyone** about stroke’s warning signs and the importance of calling 911 immediately.

WHAT ARE STROKE’S WARNING SIGNS?

STROKE STRIKES SUDDENLY! A person having a stroke can change instantly. Warning signs include:

Sudden weakness of the face, arm or leg, especially on one side of the body.

Sudden numbness or tingling on the face or one side of the body

Sudden confusion or trouble understanding

Sudden trouble speaking

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden severe unusual headache

HOW CAN I LEARN MORE?

Log on to www.strokealert.org and find your local medical center or organization that has signed on as a partner for health screening events and information. Contact information and additional resources are included.

And remember, if you see sudden change in someone’s behavior . . .

