

# STROKE: KNOW THE SIGNS, KNOW YOUR RISKS



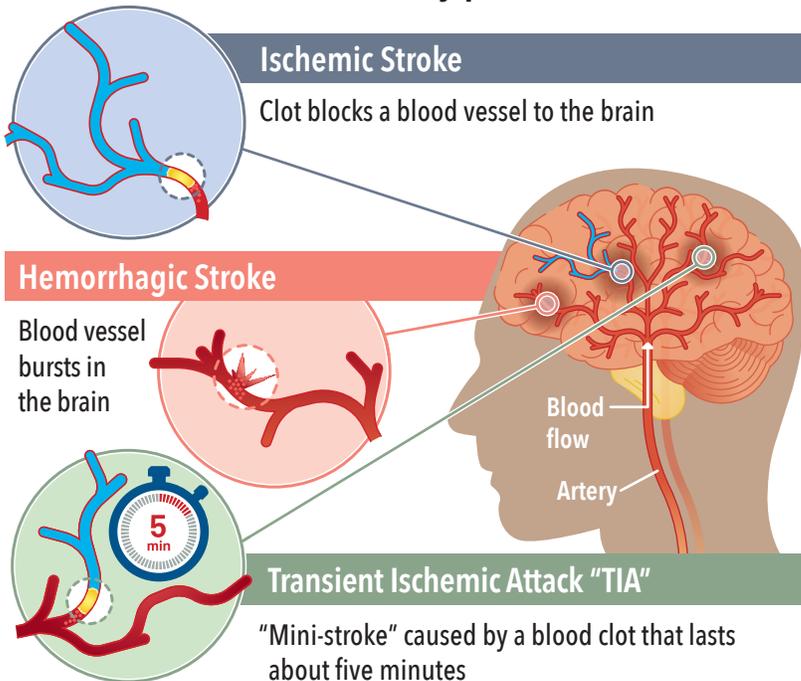
Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults.

In 2019, strokes were the 4th leading cause of death in Arkansas.<sup>2</sup>



## KNOW THE TYPES OF STROKE<sup>3</sup>

Strokes can occur in any part of the brain.



## KNOW THE SIGNS OF STROKE<sup>4,5,6</sup>

**F**  
**A**  
**S**  
**T**

### FACE DROOPING

Does one side of the face droop or is it numb?

### ARM WEAKNESS

Is one arm weak or numb? Does one arm slowly go down when both are raised?

### SPEECH

Is speech slurred? Is the person unable to speak or hard to understand?

### TIME TO CALL 9-1-1

If the person shows any of these signs suddenly, even if the signs go away, call 9-1-1.

## KNOW YOUR RISKS FOR STROKES<sup>7</sup>

You may be able to prevent stroke or lower your chances of having a stroke:

- Having already had a stroke or TIA
- High cholesterol
- Diabetes
- High blood pressure
- Heart disease
- Sickle cell disease

## IF YOU THINK YOU OR SOMEONE YOU KNOW MAY BE HAVING A STROKE, ACT FAST. CALL 9-1-1.

To reduce your risks of stroke and for information on strokes, visit your local Community Health Center.

To find a health center, visit [www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list) or call **501-374-8225**.

**SOURCES:** 1: <https://www.cdc.gov/stroke/facts.htm> • 2: [https://www.cdc.gov/nchs/pressroom/sosmap/stroke\\_mortality/stroke.htm](https://www.cdc.gov/nchs/pressroom/sosmap/stroke_mortality/stroke.htm) • 3: [https://www.cdc.gov/stroke/types\\_of\\_stroke.htm](https://www.cdc.gov/stroke/types_of_stroke.htm) • 4: <https://www.cdc.gov/stroke/index.htm> • 5: <https://www.stroke.org/en/about-stroke/stroke-symptoms> • 6: <https://www.stroke.org/en/about-stroke/stroke-symptoms> • 7: <https://www.cdc.gov/stroke/conditions.htm>  
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