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.

**MORE THAN 795,000 STROKES PER YEAR**

**STROKE: KNOW THE SIGNS, KNOW YOUR RISKS**

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 or call 501-374-8225.

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

**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 THE TYPES OF STROKE**

- **Ischemic Stroke**
  - Clot blocks a blood vessel to the brain
  - **Transient Ischemic Attack “TIA”**
    - “Mini-stroke” caused by a blood clot that lasts about five minutes

- **Hemorrhagic Stroke**
  - Blood vessel bursts in the brain

**KNOW THE SIGNS OF STROKE**

- **F**ace
- **A**rm
- **S**peech
- **T**ime to call 9-1-1

- **F**ace drooping
- **A**rm weakness
- **S**peech problems
- **T**ime to call 9-1-1

**KNOW YOUR RISKS FOR STROKES**: You may be able to prevent stroke or lower your chances of having a stroke:

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

**STROKES IN ARKANSAS IN 2019**

1,561 strokes

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