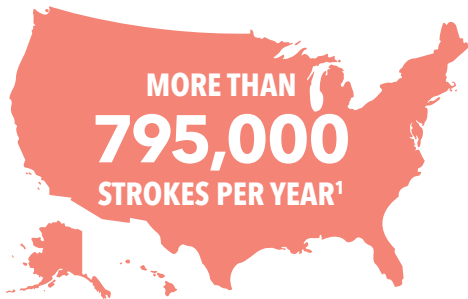


STROKE: KNOW THE SIGNS, KNOW YOUR RISKS



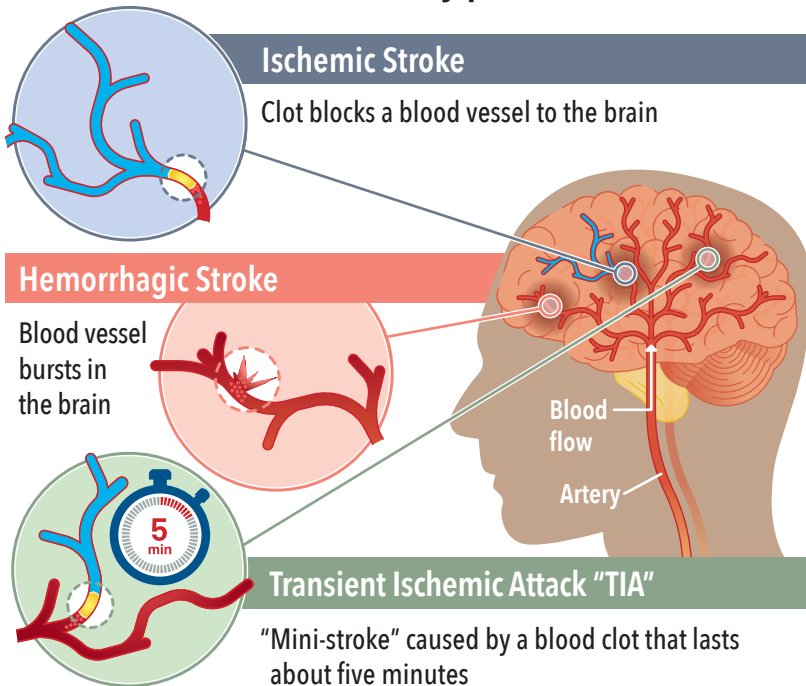
Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults.

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



KNOW THE TYPES OF STROKE³

Strokes can occur in any part of the brain.



KNOW THE SIGNS OF STROKE^{4,5,6}



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 STROKES⁷

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 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 • 3: 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>
This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.