

Is it a **stroke**?

Know the signs — act **FAST!**

Face



Ask them to smile.

Does the face look uneven?

Arms



Ask them to raise both arms.

Does one arm drift down?

Speech

*Sw dr do
dwday?*



Ask them to repeat a simple phrase. **Does their speech sound strange?**

Time



Call **911** **FAST!**

Stroke in Alaska

- Stroke is the 4th leading cause of death in Alaska.
- Nearly 1/3 of Alaskans who have suffered a stroke report that their every day activities have been limited because of their stroke.

Stroke is an Emergency!

A stroke happens when the blood supply to the brain is cut off or interrupted by a clot or a burst blood vessel. Brain cells quickly begin to die without oxygen and nutrients.

Treat stroke symptoms as an emergency. Call 911. Get to the clinic/hospital as soon as possible if any of the following symptoms occur ...

- Sudden weakness on one side of your body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache without cause

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For more information on stroke and this brochure:
 Alaska Department of Health and Social Services
 Division of Public Health
 Section of Chronic Disease Prevention and Health Promotion
 Heart Disease and Stroke Prevention Program
 P.O. Box 110616 Juneau, AK 99811
 1-888-465-3140
www.takeheart.alaska.gov



Stroke Prevention

The following factors increase your risk of stroke. Follow these measures to decrease your risk.

Risk	Prevention
Mini-strokes (TIA) Know the signs: facial drooping, slurred speech, arm weakness which may appear and disappear.	Call 9-1-1 ... You may be able to prevent a major stroke.
High blood pressure The #1 cause of stroke.	Know your blood pressure and keep it below 120/80 and always take your medication.
Smoking Smoking increases risk of stroke by 2 to 3 times.	Avoid tobacco and see your health care provider for help quitting or call the Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669)
Atrial Fibrillation This irregular heart beat increases your chance of a stroke	Ask your health care provider if you have an irregular heart beat and always take your medication.
Diabetes High blood glucose levels can damage your blood vessels, increasing your risk for stroke.	Control your diabetes with proper diet, physical activity, and medication.
Cholesterol High levels of LDL (bad cholesterol) increase your risk for stroke.	Lower your LDL to less than 70 with proper diet, physical activity and medication.

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Arms



Speech



Time to call **911**