

WHEN IT COMES  
TO **STROKE**,  
IT'S OK TO

# OVER- REACT

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"We were out with friends  
when my husband suddenly  
had trouble walking.  
I suspected stroke, so I  
**CALLED 911 IMMEDIATELY.**  
It helped save his life."

.....

If you suspect **STROKE, CALL 911** immediately



**HOW MANY OF THE 10 STROKE SYMPTOMS  
DO YOU KNOW?**

**Learn them inside >**

# GET THE FACTS ON STROKE

## Educating yourself about stroke can be life-changing

Knowing when someone is at risk for stroke, what a stroke is, and the types of stroke can help you be prepared when it's time to overreact.

**What is stroke?** Stroke is a brain attack. It occurs when blood vessels in the brain, called arteries, are blocked or burst. The consequences of stroke can be long-term disability and even death.

**What happens during a stroke?** Obstruction or damage to the arteries in the brain may prevent it from getting the necessary blood supply. This can cause brain cells to die, inflicting permanent damage. Depending on which part of the brain is damaged, an individual's ability to speak, see, and move may become impaired.

### THAT'S WHY IT IS IMPORTANT TO ACT IMMEDIATELY THE MOMENT YOU SUSPECT STROKE

#### Types of stroke



#### Ischemic stroke

This type of stroke occurs when blood flow through an artery is blocked, which accounts for 87% of all strokes.



#### Hemorrhagic stroke

This type of stroke occurs when an artery is ruptured, causing swelling, pressure, and damage to the brain.

If you suspect **STROKE**, CALL **911** immediately

# KNOW THE SIGNS TO SPOT STROKE

Be prepared to recognize **STROKE** and take immediate action

**Stroke symptoms are sudden and serious.** They can be hard to recognize, but you know your loved ones best—and when they're not quite themselves. So, trust your instincts and act quickly.

**WAITING TO SEE IF THE SYMPTOMS GO AWAY IS NOT AN OPTION.**

When it comes to stroke treatment, every minute counts. Your immediate action can help prevent brain damage and long-term disability.

**Do you know *all* the signs of stroke?**

**YOU MIGHT KNOW THE BEFAST SIGNS:**

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
Balance loss	Eyesight loss	Facial drooping	Arm weakness	Speech difficulty	Time to call 911

**BUT KNOWING EACH OF THE 10 SYMPTOMS COULD HELP SAVE A LOVED ONE'S LIFE**

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# 10 SIGNS AND SYMPTOMS OF STROKE

**A SUDDEN ONSET** of the following may indicate stroke\*

		<b>SYMPTOMS A LOVED ONE MAY EXPERIENCE</b>	<b>SIGNS YOU MAY NOTICE</b>
1.	 CONFUSION	Unable to understand what is happening, can't think clearly or feel thrown off	A puzzled look, a hard time focusing, trouble making decisions
2.	 DIFFICULTY UNDERSTANDING	Unable to comprehend speech or language	Raised or wrinkled eyebrows, shaking their head "no"
3.	 DIZZINESS	Feeling faint, lightheaded, or like the room is spinning	Unsteady movements (like they have motion sickness), like they are drunk (without having any alcohol)
4.	 LOSS OF BALANCE	Unstable with less coordination	Wobbling around, grabbing onto a stationary object
5.	 NUMBNESS	A tingling feeling in the body (ie, face, arm, or leg), like pins and needles	Constant touching, massaging, or shaking of the numb areas

\*Note that these symptoms or a combination of them are not unique to stroke, but if they are sudden and out of the ordinary, they may indicate a sign of stroke and require immediate attention.

**If you suspect STROKE, CALL 911 immediately**

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 "I never thought this would happen to us.  
 But I'm glad I recognized the signs of stroke and  
 acted immediately. It helped save my husband  
 and prevent long-term disability."  
 .....



		<b>SYMPTOMS A LOVED ONE MAY EXPERIENCE</b>	<b>SIGNS YOU MAY NOTICE</b>
6.	 SEVERE HEADACHE	Pain or discomfort in the head, scalp, or neck with no known cause	Touching their head, rubbing their temples, sensitivity to light
7.	 TROUBLE SPEAKING	Unable to speak or slurred speech	Sentences that can't be understood, difficulty having a conversation
8.	 TROUBLE WALKING	Stumbling or unable to walk straight	Tripping over nothing
9.	 VISION CHANGES	Blurred vision or trouble with eyesight in one or both eyes	Squinting or rubbing their eyes, not able to read
10.	 WEAKNESS	Lack of strength in the face, arm, or leg—especially on one side of the body	Wanting to sit or lay down, difficulty doing simple tasks

**SEE THE 10 SIGNS AND SYMPTOMS OF STROKE COME TO LIFE  
 AND DOWNLOAD THIS LIST AT**

**[overreact2stroke.com](http://overreact2stroke.com)**

**If you suspect STROKE, CALL 911 immediately**

# WHO IS MOST AT RISK FOR STROKE?

## **STROKE** can happen to anyone at any time

There are a number of risk factors for stroke—some that you can manage and some that are out of your control.

### **Uncontrolled risk factors include:**

- **Age:** Stroke can occur at any age; 1 out of 5 people who have a stroke are under 55 and your chance of stroke increases as you get older
- **Race:** African Americans, Hispanics, and Asian/Pacific Islanders have a higher risk of stroke than people of other races
- **Gender:** More women have stroke than men and more women die from stroke than from breast cancer every year
- **Family history:** You are at greater risk if a family member has had a stroke

### **Manageable risk factors include:**

- High blood pressure
- Atrial fibrillation (A-fib)
- High cholesterol
- Smoking
- Diabetes
- Poor circulation
- Lack of physical activity
- Obesity

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**“My husband’s stroke motivated me to learn more. Knowing stroke signs and risk factors makes me feel confident that I am better prepared.”**

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# 10 SYMPTOMS OF STROKE

1. Confusion
2. Difficulty understanding
3. Dizziness
4. Loss of balance
5. Numbness
6. Severe headache
7. Trouble speaking
8. Trouble walking
9. Vision changes
10. Weakness



**SUSPECT STROKE? CALL 911 RIGHT AWAY.**

LEARN MORE AT

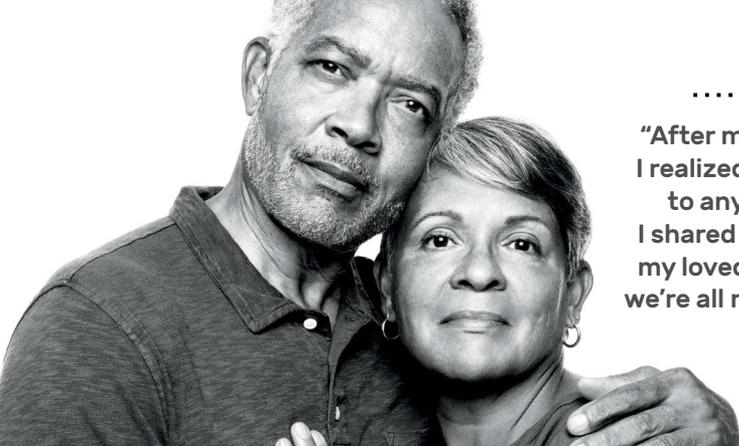
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**WHEN IT COMES TO  
STROKE, IT'S OK TO  
OVERREACT  
CALL 911**





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"After my husband's stroke I realized that it can happen to anyone, at any time. I shared what I learned with my loved ones to make sure we're all ready to take action."  
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## **MAKE A DIFFERENCE**

**When it comes to stroke, empower everyone to act without hesitation**

### **LET YOUR FRIENDS AND FAMILY KNOW THAT:**

- > Urgency is key
  - If you suspect stroke, call 911 right away
- > Action can make a difference
  - Know the 10 signs of stroke and be ready to act quickly
- > They should pass it forward
  - It might help save a life

  
**VISIT**

**[overreact2stroke.com](https://www.overreact2stroke.com)**

**FOR MORE INFORMATION AND  
MATERIALS TO HELP SPREAD  
THE WORD**

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