



Stroke: Know the Risks, Know the Signs

Each year 700,000 people have a new or recurrent stroke. In people over 55, the lifetime risk for stroke is greater than one in six. Protect yourself and your family. Know your stroke risks and know the stroke warning signs.

Stroke Risk Factors

- ✓ High blood pressure
- ✓ Smoking
- ✓ Diabetes
- ✓ Carotid artery disease
- ✓ Atrial fibrillation
- ✓ Sickle cell disease
- ✓ Obesity
- ✓ Physical inactivity
- ✓ High blood cholesterol
- ✓ TIA or “mini-stroke”
- ✓ Age
- ✓ Race
- ✓ Family history
- ✓ Gender

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you or anyone around you experiences any of these symptoms, call 9-1-1 immediately. Time lost is brain lost. Log on to strokeassociation.org or call **1-888-4-STROKE** for more information on stroke risk factors and how you can work to keep your risk factors under control.