BE A STROKE HERO

Every 40 seconds, someone has a stroke in the U.S., but 80% of all strokes are preventable. You have the power to prevent stroke and be a Stroke Hero by controlling your high blood pressure and taking simple steps to live a healthier lifestyle.

Follow LIFE'S SIMPLE 7 and help PREVENT A STROKE

1. Manage Blood Pressure

Lowering your systolic (top) number by 10 or your diastolic (bottom) number by 5 can cut your risk of stroke death in half.

2. Control Cholesterol

By controlling your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

3. Reduce Blood Sugar

High levels of blood sugar over time can can lead to diabetes, which increases your risk for stroke.

4. Get Active

Increased walking time has been associated with reduced stroke risk. Thirty minutes a day, 5x a week is an easy goal to improve your heart and brain health and help prevent stroke.

5. Eat Better

A healthy diet is one of your best weapons for fighting stroke. Incorporating more fruits and vegetables into your diet, and decreasing your sodium intake to less than 1,500 mg per day is a great start to healthier eating.

6. Lose Weight

Nearly 70% of American adults are overweight or obese and obesity increases your risk for stroke. Losing weight can help lower blood pressure and reduce the burden on your heart, lungs, blood vessels and skeleton.

7. Stop Smoking

Stroke risk is 2x to 4x higher among smokers than nonsmokers or those who have quit for more than 10 years.

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life is why™

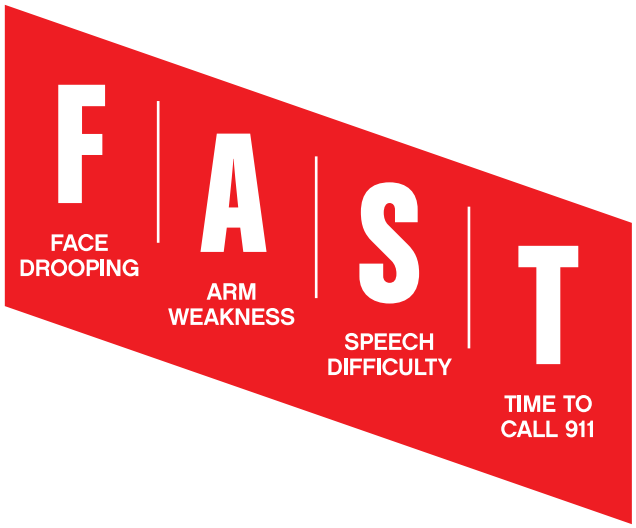
Together to End Stroke™

Become a STROKE HERO by learning more about stroke prevention at StrokeAssociation.org/StrokeHero

STROKE HERO

When it comes to a stroke, every second counts. **Nearly 2 million brain cells die each minute a stroke goes untreated. Rapid access to medical treatment often makes the difference between full recovery and permanent disability. Stroke Heroes are ready to take action by knowing the signs of stroke.**

You don't need superpowers to be a **STROKE HERO,** just know how to **spot a stroke**



F – Face Drooping

Does one side of the face droop or is it numb?
Ask the person to smile. Is their smile uneven?

A – Arm Weakness

Is one arm weak or numb? Ask them to raise both arms. Does one arm drift downward?

S – Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Can they repeat a simple sentence correctly, like "The sky is blue."

T – Time to call 911

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1. For stroke, someone other than the patient makes the decision to seek treatment in a majority of cases. Stroke patients who receive tPA within 90 minutes of symptom onset are almost 3x more likely to recover with little or no disability.

Stroke is largely treatable. **Acting fast improves chances for recovery.**

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ACTIVATE YOUR SUPERPOWER—Learn to spot the signs of stroke at StrokeAssociation.org/StrokeHero