

PREVENT STROKE

KNOW YOUR RISK

STROKE RISK FACTORS:

- High blood pressure (>140/90)
- Diabetes
- Smoking
- Physical inactivity or obesity
- High cholesterol (>200)
- Heavy alcohol use
- Sleep apnea
- Atrial fibrillation (irregular heartbeat)
- Heart and/or carotid artery disease
- Previous TIA or stroke
- Family history of stroke

REDUCE YOUR RISK BY:

- Manage your blood pressure
- Control your diabetes
- Stop smoking
- Exercise and control your weight
- Manage cholesterol
- Limit alcohol use
- Treat your sleep apnea
- Treat your atrial fibrillation
- Eat a healthy diet

STROKE STRIKES FAST

You should too!
Know the **signs of stroke:**

Face	Face droop or uneven smile
Arms	Arm numbness or arm weakness
Speech	Slurred speech or difficulty speaking or understanding
Time	CALL 911 and get to the hospital immediately

STROKE FACTS:

1. Stroke is the 5th leading cause of death in the U.S.
2. 80% of strokes are preventable.
3. 800,000 Americans have a stroke each year.
4. Stroke is the leading cause of long-term disability.
5. Stroke kills twice as many women each year as breast cancer
6. Every 40 seconds, someone in the U.S. has a stroke

Remember: **Call 9-1-1 if you or someone
you are with has symptoms of stroke**

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