



**MAY IS**

**NATIONAL STROKE AWARENESS MONTH**

**Did you know...**

A stroke is a brain attack, cutting off vital blood flow and oxygen to the brain?

137,000 American's die of a stroke every year?

Stroke is the 3<sup>rd</sup> leading cause of death in the United States?

If you think someone is having a stroke, act F.A.S.T.

<b>Act F.A.S.T.</b>	
<b><u>F</u>ace</b>	Ask the person to smile. Does one side of the face droop?
<b><u>A</u>rms</b>	Ask the person to raise both arms. Does one arm drift downward?
<b><u>S</u>peech</b>	Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
<b><u>T</u>ime</b>	If the person shows any of these systems time is important. Call 911 or get to the hospital fast. Brain cells are dying.

**Stroke Symptoms:**

- SUDDEN numbness or weakness of 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.

**Call 9-1-1 immediately if you have one of these symptoms**

Source: [www.stroke.org](http://www.stroke.org)

**For more information contact Maureen Obuchowski 630-264-7670 or  
[www.kanehealth.com/coalition.htm](http://www.kanehealth.com/coalition.htm)**