

ACT FAST BY KNOWING THE...

WARNING SIGNS OF A STROKE

~ EVERY 40 SECONDS, SOMEONE HAS A STROKE.

~ A QUARTER OF STOKES OCCUR BEFORE AGE 65.

~ STROKES CAN CAUSE LONG-TERM DISABILITY,
PARALYSIS, MEMORY LOSS, SPEECH DIFFICULTIES,
AND A HEIGHTENED RISK OF SUICIDE.

NEW TREATMENTS CAN REDUCE THE RISK OF
PERMANENT DAMAGE IF YOU KNOW HOW TO BE FAST.

B DO THEY HAVE LOSS OF BALANCE?

E DO THEY HAVE BLURRED OR LOSS
OF VISION IN 1 OR BOTH EYES?

F DOES THEIR FACE DROOP WHEN SMILING?

A DOES THEIR ARM DRIFT WHEN RAISED?

S DO THEY HAVE SLURRED SPEECH?

T IT'S TIME TO CALL 911 IMMEDIATELY IF
YOU NOTICE ANY OF THESE SYMPTOMS.

⊗ RISK FACTORS

- OBESITY
- DIABETES
- HEART DISEASE
- HYPERTENSION
- HIGH CHOLESTEROL
- PHYSICAL INACTIVITY
- UNHEALTHY DIET

☑ PREVENTION

- MANAGE DIABETES, HEART DISEASE OR HIGH CHOLESTEROL
- CONTROL YOUR BLOOD PRESSURE
- LIMIT ALCOHOL
- DON'T SMOKE
- EAT A HEALTHY DIET
- EXERCISE REGULARLY
- MANAGE YOUR WEIGHT



STOP STROKES BEFORE
THEY HAPPEN.
INFO@TRIBALEM.COM



TRIBALEM