

# KNOW STROKE SIGNS AND SYMPTOMS

[www.CarolinasStrokeNetwork.org](http://www.CarolinasStrokeNetwork.org)



Stroke is the number one cause of disability and the third leading cause of death in the United States.

A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain either bursts (hemorrhagic stroke) or is clogged by a blood clot or some other mass (ischemic stroke).

Although stroke affects people of all ages, genders and races, people over 55, males and African-Americans have the highest risk for stroke. Controllable risk factors include:

- Obesity
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Heart disease

## STROKE WARNING SIGNS

- A 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



Carolinas Stroke Network

*Uncompromising Excellence. Commitment to Care.*

# LOSING MINUTES CAN COST YOU YEARS

Carolinas Stroke Network can help you save both minutes and years. This advanced and comprehensive network consists of 11 area hospitals that provide the following:

- 24-hour access to stroke treatment experts
- Emergency neuro-interventional service
- Rapid transport to comprehensive stroke centers
- Highly experienced teams of stroke specialists
- Seamless access to expert stroke rehabilitation care

If you suspect that you or a loved one is having a stroke, call 911 immediately.



## Carolinas Stroke Network

*Uncompromising Excellence. Commitment to Care.*

Carolinas Medical Center • CMC-NorthEast  
Carolinas Rehabilitation • Cleveland Regional Medical Center  
CMC-Mercy • CMC-Pineville • CMC-Union  
CMC-University • Grace Hospital  
Scotland Health Care System • Valdese Hospital

## SYMPTOMS – ACT FAST

- F – FACE** Ask the person to smile. Does one side of the face droop (uneven)?
- A – ARMS** Ask the person to raise both arms. Does one arm drift downward?
- S – SPEECH** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- T – TIME** If you observe any of these signs, it's time to call 911 or get to the nearest stroke center or hospital.

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