

# STROKE FACT SHEET

F.A.S.T. STROKE IDENTIFICATION SAVES LIVES



## WHAT IS A STROKE?

- Strokes occur when a clot or rupture in a blood vessel blocks the flow of oxygen to the brain
- Strokes are a leading cause of death in the US



## KEY RISK FACTORS

- The most common risk factor for strokes is **high blood pressure**
- Poor diet, age, alcohol and smoking increase risk

**80%**

**of strokes are preventable through diet and exercise**

## WHAT CAN YOU DO?

- Reduce salty foods, alcohol, and smoking
- Build a consistent exercise routine
- **Stay alert** for the **F.A.S.T.** signs of a stroke, and **act quickly**



## ACT F.A.S.T.

**F**ace drooping

**A**rm weakness

**S**peech difficulty

**T**ime to call 911

