Signs of STROKE

Time lost to stroke is brain lost. If you notice **one or more** of these symptoms, get medical attention FAST!

Face: Does the face look uneven? Ask them to smile.

Arms: Does one arm drift down? Ask them to raise both arms.

Speech: Does their speech sound strange? Ask them to repeat a phrase.

Time: to get help! **Call 9-1-1** at any sign of stroke and go to the nearest hospital.

Why do people ignore the first signs of a stroke?

Most people ignore early warning signs like loss of balance, inability to move an arm or loss of speech because there is often no pain involved. Many stroke symptoms do not include pain. Here is a list…

- Sudden weakness on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing.
- Sudden trouble walking or loss of balance.
- Sudden severe headache with no known cause.

Test yourself. If you check 2 or more boxes, talk to your health-care provider — please.

- ☐ Age & Sex: you are over 55, or are a woman having passed through menopause, or have had your ovaries removed and are not taking estrogen.
- ☐ Family History: Your father or brother had a heart attack before age 55, or your mother or sister had one before 65, or your mother, father, sister, brother or grandparent had a stroke.
- ☐ You smoke, or you live or work with people who smoke regularly.
- ☐ Your total cholesterol is 240 mg/dL, or you don't know your HDL cholesterol level.
- ☐ Your blood pressure is 140/90 mm Hg or higher, or a health professional has said your blood pressure is too high, or you don't know your blood pressure.
- ☐ Your level of physical activity is less than 30 minutes on most days.
- ☐ You are overweight by 20 pounds or more for your height and build.
- ☐ You have diabetes, a fasting blood sugar of 126 mg/dL or greater, or you need medicine to control blood sugar.
- ☐ You have a medical history of coronary heart disease or atrial fibrillation, or have had a heart attack
- ☐ You've had a stroke or have carotid artery disease, a mini-stroke, or have a disease of the leg arteries, a high red blood cell count or sickle-cell anemia.

Lincoln Hospital Dist. 3

Neighbors for Life

STROKE & HEART DISEASE

Are you at high risk?

725-7101

LINCOLN HOSPITAL

Heart Disease & Stroke: Equal Opportunity Killers

Heart disease and stroke are not just problems for the middle-aged and elderly. Both men and women in their prime, between 24 and 44 years-old, are finding these killers knocking, unexpectedly, at their door. Women especially are at risk as they don't see cardiovascular disease as a major health threat compared to breast cancer.

In reality, nearly twice as many US women die from heart disease and stroke each year as from all forms of cancer, including breast cancer. We at Lincoln Hospital and North Basin Medical Clinics are greatly concerned about breast cancer and offer free & low-cost mammograms to combat that disease.

We are also committed to helping both men and women recognize their risk for developing a disease of the heart and blood vessels, including high blood pressure. We want to join you in your fight to stop these silent killers in their tracks… starting today.

KNOWLEDGE, COUPLED WITH ACTION IS POWER!

RISKY BUSINESS…

Both men & women have some interesting risk factors for heart disease and stroke. They include smoking, high blood cholesterol, high blood pressure, physical inactivity, overweight and obesity, diabetes, increasing age, heredity and race, gender and prior heart attack or stroke.

- Stop smoking — your risk drops dramatically when you kick the habit.
- Have LDL cholesterol levels checked often and reduce risk by eating less saturated fat and cholesterol.
- Get up and move. Exercise, even moderate exercise, decreases risk greatly.
- *High blood pressure has no warning signs.* Get regular blood pressure tests, especially if your family history shows you could be genetically at-risk. Eat less salt and sodium. Read labels.
- Do not carry extra weight. People 20 or more pounds overweight are at higher risk.
- Control your diabetes if you have it.
- Know that taking birth control pills becomes a higher risk when coupled with smoking or high blood pressure.
- Take medicine if your doctor prescribes it and ask about aspirin therapy.

Warning signs of Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in center of chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
- Atypical chest, stomach or abdominal pain.
- Nausea or dizziness (no chest pain)
- Unexplained anxiety, weakness, or fatigue. Palpitations, cold sweats or paleness.

Warning signs of Stroke

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, swallowing 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.

Not all symptoms will occur in every heart attack or stroke.

If you notice any of these, CALL 911 IMMEDIATELY — EVERY MINUTE COUNTS!

Chest Pain? Stroke?
Lincoln Hospital FIRST & FAST!

For information on our groundbreaking Level One Cardiac & FAST Stroke partnerships with Sacred Heart & MedStar, log on to **www.lincolnhospital.org**