

Know the signs of stroke

BE FAST



B

ALANCE

Sudden loss of balance or dizziness.



E

YES

Vision loss or blurriness.



F

ACE

Face or smile drops on one side.



A

RMS

Weakness of arm or leg on one side of body.



S

PEECH

Difficulty speaking or slurred speech.



T

IME

Call emergency services immediately.

Risk factors
for stroke include:



High blood pressure



Lack of exercise



High cholesterol



Diet



Obesity



Sleep apnea



Smoking



Atrial Fibrillation (AFib)



Alcohol use



Diabetes