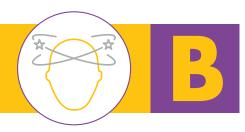


Know the signs of stroke BEFAST



ALANCE

Sudden loss of balance or dizziness.



YES

Vision loss or blurriness.



ACE

Face or smile drops on one side.



RMS

Weakness of arm or leg on one side of body.



PEECH

Difficulty speaking or slurred speech.



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