PREVENT STROKE
Know your risk

STROKE RISK FACTORS:

☐ High blood pressure (>140/90)
☐ Diabetes
☐ Smoking
☐ Physical inactivity or obesity
☐ High cholesterol (>200)
☐ Heavy alcohol use
☐ Sleep apnea
☐ Atrial fibrillation (irregular heartbeat)
☐ Heart and/or carotid artery disease
☐ Previous TIA or stroke
☐ Family history of stroke

REDUCE YOUR RISK BY:

• Manage your blood pressure
• Control your diabetes
• Stop smoking
• Exercise and control your weight
• Manage cholesterol
• Limit alcohol use
• Treat your sleep apnea
• Treat your atrial fibrillation
• Eat a healthy diet

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**STROKE STRIKES FAST**

You should too! **Know the signs of stroke:**

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Face</strong></td>
<td>Face droop or uneven smile</td>
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<tr>
<td><strong>Arms</strong></td>
<td>Arm numbness or arm weakness</td>
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<tr>
<td><strong>Speech</strong></td>
<td>Slurred speech or difficulty speaking or understanding</td>
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<td><strong>Time</strong></td>
<td><strong>CALL 911</strong> and get to the hospital immediately</td>
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**STROKE FACTS:**

1. Stroke is the 5th leading cause of death in the U.S.
2. 80% of strokes are preventable.
3. 800,000 Americans have a stroke each year.
4. Stroke is the leading cause of long-term disability.
5. Stroke kills twice as many women each year as breast cancer.
6. Every 40 seconds, someone in the U.S. has a stroke.

Remember: **Call 9-1-1 if you or someone you are with has symptoms of stroke.**

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