



## Know your risk

If you're 40-75 years old and have never had a heart attack or stroke, use our Check Change Control Calculator to estimate your risk of a cardiovascular event in the next 10 years. Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.

[heart.org/ccccalculator](http://heart.org/ccccalculator)

# MAY 2019

## Stroke Awareness

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die. A stroke is a medical emergency. Prompt treatment is crucial. Early action can minimize brain damage and potential complications.

The good news is that strokes can be treated and prevented, and many fewer Americans die of stroke now than in the past.

Call 911 or your local emergency number right away. Don't wait to see if symptoms stop. Every minute counts. The longer a stroke goes untreated, the greater the potential for brain damage and disability.

If you're with someone you suspect is having a stroke, watch the person carefully while waiting for emergency assistance.



Luke Perry, who burst onto the television scene and countless fan-magazine covers in 1990 as one of the core cast members of the Fox drama "Beverly Hills, 90210," then went on to a busy career in television and film that included, most recently, the CW series "Riverdale," died on Monday in Los Angeles. He was 52. His family announced the death. He had been hospitalized after a stroke last Wednesday.

**stroke by the numbers**

- 800,000 people affected by stroke each year
- Stroke is the leading cause of disability among American adults.
- A stroke happens every 40 seconds
- every 4 minutes someone dies from a stroke
- 5th leading cause of death in the United States
- 80 percent of strokes can be prevented



## STROKE is an Emergency. Every minute counts. **ACT F.A.S.T!**

	<b>F</b> ACE	Does one side of the face droop? Ask the person to smile.
	<b>A</b> RM	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	<b>S</b> PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	<b>T</b> IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

<b>USE</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>	<b>TO REMEMBER WARNING SIGNS</b>
<b>FACE DROOP</b> DOES ONE SIDE OF THE FACE DROOP WHEN SMILING?	<b>ARM WEAKNESS</b> ASK THE PERSON TO RAISE BOTH ARMS. DOES ONE ARM DRIFT DOWN?	<b>SPEECH DIFFICULTY</b> IS SPEECH SLURRED OR STRANGE?	<b>TIME TO CALL 9-1-1</b> IF YOU OBSERVE ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY.		

SOURCE: NATIONAL STROKE ASSOCIATION