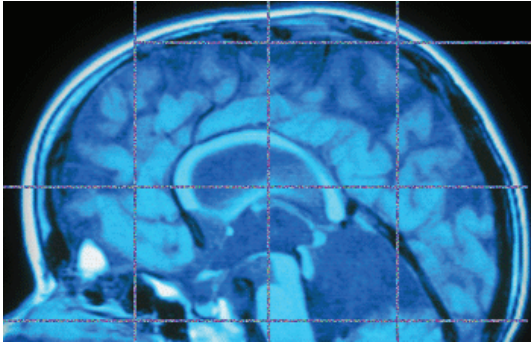


## Stroke Statistics:



Stroke is the third leading cause of death.

Stroke is the leading cause of serious, long-term disability in the U.S..

Someone in the U.S. suffers a stroke every 45 seconds. Every 3 minutes someone dies from a stroke.

Twice as many women die of stroke than from breast cancer each year.

African Americans are twice as likely to die from stroke than Caucasians.

More than 33 percent of those who experience a TIA (Transient Ischemic Attack) will have a stroke.

If you are experiencing a TIA.:  
Take Immediate Action, **Call 911!**

For more information contact:

- Your physician about your healthcare needs
- The National Stroke Association  
[www.stroke.org](http://www.stroke.org)
- The American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)
- The National Institute of Neurological Disorders and Stroke  
1-800-352-6424
- The National Institute of Health  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

Information obtained from the National Stroke Association/American Stroke Association. The content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate. It is not a replacement for medical evaluation, advice, diagnosis, or treatment by a healthcare professional.

If you believe someone is  
having a stroke  
don't wait for symptoms to  
go away  
**Call 9-1-1**  
Every second counts.

**COLISEUM**  
MEDICAL CENTERS  
AFFILIATED WITH COLISEUM HEALTH SYSTEM

350 Hospital Drive  
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478-765-7000

[www.coliseumhealthsystem.com](http://www.coliseumhealthsystem.com)



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**Nationally Recognized  
for the  
Prevention, Diagnosis,  
Treatment and Recovery  
of Stroke**

# STROKE: WHAT YOU SHOULD KNOW!

## Can a Stroke be Stopped?

Today there are treatments that can reduce the risk of damage from the most common type of stroke, but only if you get help quickly—within three hours of your first symptoms.

That is why every minute counts!

## Risk Factors

Any of the following factors can increase your risk of stroke.

- High blood pressure
- Diabetes
- High cholesterol
- Smoking
- Being overweight
- Family history of stroke
- Heart disease
- Sickle cell disease
- Drug abuse
- History of “mini strokes” often called TIA’s ( Transient Ischemic Attacks)



## What is a Stroke?

A stroke is a “brain attack” which causes damage to part of the brain. It occurs when the blood supply is suddenly reduced or stopped. A stroke may also be called a cerebrovascular accident or CVA. The part of the brain deprived of blood dies and can no longer function.

## How does it occur?

Blood cannot get to your brain when a blood vessel is blocked or bursts inside the brain. This can happen in different ways.

- A blood clot in an artery blocks the blood flow to the brain.
- A fatty deposit called plaque forms inside a blood vessel, breaks away, and blocks an artery in the brain.
- An artery in the brain tears or bursts. Blood spills out into the brain. This kind of stroke often happens without warning and is most often related to having high blood pressure.

## Know the Signs & Symptoms!

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden trouble seeing with one or both eyes
- Sudden confusion, trouble speaking or understanding speech
- Sudden severe headache with no known cause

## Act F.A.S.T

- Face** Ask the person to smile. Does one side of the face droop?
- Arms** Ask the person to raise both arms. Does one arm drift downward?
- Speech** Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
- Time** If the person shows any of these symptoms, time is important.

**Call 9-1-1**  
**Time Lost = Brain Lost**