



Hi Doctor... why are women more likely to have a stroke?

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May is Stroke Awareness Month • Know the Signs, Know Your Risk

Someone in the U.S. has a stroke every 40 seconds. It's essential for you to know your risk and to recognize the signs, so that you or your loved one can receive treatment as quickly as possible. When a stroke occurs, parts of the brain don't receive blood or oxygen, causing brain cells to die. To spot a stroke, it's essential to **B.E. F.A.S.T.**

- B Balance or coordination loss.** *Do you notice any trouble walking or standing? Is there any dizziness or feeling like your head is spinning?*
- E Eyesight trouble.** *Is there any sudden blurred or lost vision?*
- F Face drooping.** *Do you notice that one side of the face droops or feel numbness? Does it look lopsided when your loved one smiles?*
- A Arm weakness.** *Does one arm drift down when your loved one has both arms raised? Is there any numbness?*
- S Speech difficulty.** *Do you notice any slurred speech? Do you find your love one difficult to understand when he or she says a simple phrase?*
- T Time to call 911.** *If you or a loved one is experiencing any of these symptoms, call 911 and seek medical attention immediately.*

To learn more about the signs and symptoms of stroke, and to take a risk assessment please visit SAHealth.com/stroke.

