

Know the Signs, Know Your Risk

MAY IS STROKE AWARENESS MONTH

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Methodist Healthcare is the Largest Provider of Stroke Care in South Texas

Someone in the U.S. has a stroke every 40 seconds. 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 **BE FAST**.

- 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, and your risk for a stroke, visit SAHealth.com/stroke.

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OUR STROKE
AWARENESS
VIDEOS OR TAKE A
RISK ASSESSMENT

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