







# MAY IS NATIONAL STROKE AWARENESS MONTH



## Every Second Counts During A Stroke

Stroke is a leading cause of death and serious disability nationwide — *but it doesn't have to be.* Learn the signs and understand your risk.

SENTARA NEUROSCIENCES					
USE THE ACRONYM <b>BE FAST</b>					
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
					
Loss of balance	Loss of vision or double vision	Asymmetry or drooping of the face	Inability to hold up an arm	Slurred or garbled speech or speech that doesn't make sense	A stroke is an emergency that requires you to act quickly; call 911



Visit [SentaraStrokeAwareness.com](https://SentaraStrokeAwareness.com) to learn more.







*Sentara Cares*

# ABOUT IMPROVING HEALTH. EVERY DAY. FOR EVERYONE.

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Sentara is focused on living its mission — to improve health every day. In addition to providing exceptional care, Sentara partners with organizations to provide significant support to address the conditions in which people live, work and learn to advance the overall quality of life.

We are driven by one simple idea, Sentara cares about all the communities we serve.

Learn more at [SentaraCares.com](https://SentaraCares.com)

