

MAY IS
STROKE
AWARENESS
MONTH

5 THINGS EVERY STROKE HERO SHOULD KNOW!

1 Even SUPERHEROES are in DANGER

STROKE RISK increases with age, but young adults, children and even unborn babies can suffer strokes. It's the number 5 cause of death in the USA and kills nearly 6.5 million people worldwide each year.



3 80% OF ALL STROKES CAN BE PREVENTED.

Maintain a healthy body and mind by getting enough sleep (7-8 hours per day), be active and exercise regularly, eat healthy and get regular checkups. Don't smoke and if you do - STOP.

4 STROKE is largely TREATABLE.



Time = Brain. Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you're treated, the more likely you are to recover without permanent disability.

2 HIGH blood pressure is stroke's public ENEMY #1.

3 out of 4 who suffer their first stroke have high blood pressure.



5 FRIENDS usually SAVE friends from STROKE



Learn to recognize the warning signs of stroke.

F	A	S	T
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

Become a



and help save lives!

Learn more at
kaweahdelta.org/stroke



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