

## Stroke Awareness Month — May 2016



**4**   
**steps**

to act **F.A.S.T.** in  
the event of a  
stroke emergency

May is National Stroke Awareness Month. It is especially important to act quickly in an emergency situation. Here are a few simple checkpoints you can use to tell if someone has had a stroke.

**F**

### Face

Does one side of the face droop?

Ask the person to smile.

**A**

### Arms

Is one arm weak or numb?

Ask the person to raise both arms. Does one arm drift downward?

**S**

### Speech

Is speech slurred?

Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

**T**

### Time

If the person shows any signs of these symptoms,

Call 911 or get to a hospital immediately!



### Stroke Stats in South Carolina

4th Leading cause of death

5th Highest stroke death rate nationwide

SC is one of the Southeastern states known as the "Stroke Belt"

### Modifiable Risk Factors for Stroke

High Blood Pressure

Cigarette Smoking

Diabetes

Heart Disease

Poor Eating Habits

Physical Inactivity

### How to Reduce Your Risk of Stroke



Get your blood pressure checked

Get your cholesterol checked

Stay active

Eat a healthy diet

Use less salt

If you drink alcohol, drink in moderation

Stop smoking

### Warning Signs of a Stroke

- Sudden weakness or numbness of the face, arm or leg on one side of body
- Loss of speech or trouble talking or understanding speech
- Sudden dimness or loss of vision, particularly in one eye
- Unexplained dizziness, unsteadiness or sudden falls, with no symptoms
- Sudden, severe headaches with no known cause

For more information on Advanced Stroke Life Support training, please contact Julie Ghent at [jughent@comporium.net](mailto:jughent@comporium.net)

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