**WHAT IS A STROKE?**
A stroke can happen when the supply of blood to your brain is reduced or blocked completely, usually by a thick and sticky clump of dried blood (blood clot) in an artery which prevents brain tissue from getting oxygen and nutrients. Similar to a heart attack, a stroke can be thought of as a “brain attack.”

Make sure to share this with a loved one so they know the signs and symptoms as well. They may notice your symptoms before you do.

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**RECOGNIZE STROKE SYMPTOMS**
Know the signs and symptoms of stroke so that you or a loved one can react and get help quickly. The faster you can get to the hospital via an ambulance, the better odds you have of a full recovery without losing brain or body functions. Remember BE FAST to help you recognize the symptoms and Call 9-1-1.

**BE FAST**

- **B**alance: Loss of balance, dizziness
- **E**yes: Vision changes
- **F**ace: Facial drooping, severe headache
- **A**rms: Arm or leg weak/hanging down
- **S**peech: Speech slurred? Or trouble speaking, seem confused
- **T**ime: Time to call 9-1-1

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Diabetes and Stroke
BE FAST

CALL 9-1-1 because every second counts towards saving brain tissue and function

ACT QUICKLY-CALL 9-1-1!
In one second, 32,000 brain cells die, and in 59 seconds a stroke caused by a blockage will have killed 1.9 million brain cells according to the Stroke Awareness Foundation.
If diagnosed quickly, there are treatment options to help you recover from a stroke. Medicine can dissolve a blood clot if given within:
4½ hours from when the symptoms started.
For some people, hospitals that are designated as stroke centers can remove the clot by guiding a device into the brain by a small, flexible tube.
This must be done within 24 hours from when the symptoms started.

WHY CALL 9-1-1?
If you notice signs of a stroke, call 9-1-1 immediately and don't risk taking yourself to a hospital! No matter how close you are to a hospital, calling 911 is critical because:
+ The 9-1-1 dispatcher will make sure you are sent to a hospital that is a qualified stroke center for more specialized care, if one is available in your area.
+ The ambulance staff can start diagnosis and treatment on the way to the hospital, saving critical seconds.
+ When you arrive at the hospital you don’t have to check in or wait, like you would if you walked in on your own.
+ Treatment will begin immediately.