

USE THE LETTERS IN "F.A.S.T." TO SPOT STROKE SIGNS AND KNOW WHEN TO CALL 9-1-1.

Stroke is a leading cause of serious long-term disability in America. Familiarize yourself with this acronym and you can possibly save your life or someone else's life.

F FACE DROOPING

Is one side of your face numb or tingly? Check to see if you can smile evenly or does it look lopsided.

A ARM WEAKNESS

Is one arm suddenly weak or numb? Raise both arms up and see if one arm droops downward.

S SPEECH

Is your speech suddenly slurred and nonsensical? Attempt to say a simple sentence.

T TIME

If these symptoms are occurring, DO NOT WAIT and it's time to call 9-1-1 or head to the nearest ER even if symptoms go away. Stroke is time sensitive so it's imperative to be seen immediately.

OTHER SYMPTOMS INCLUDE:

- Dizziness
- Sudden numbness
- Sudden confusion
- Trouble walking
- Difficulty with seeing
- Nausea and vomiting
- Severe headache

FOR MORE INFORMATION:

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