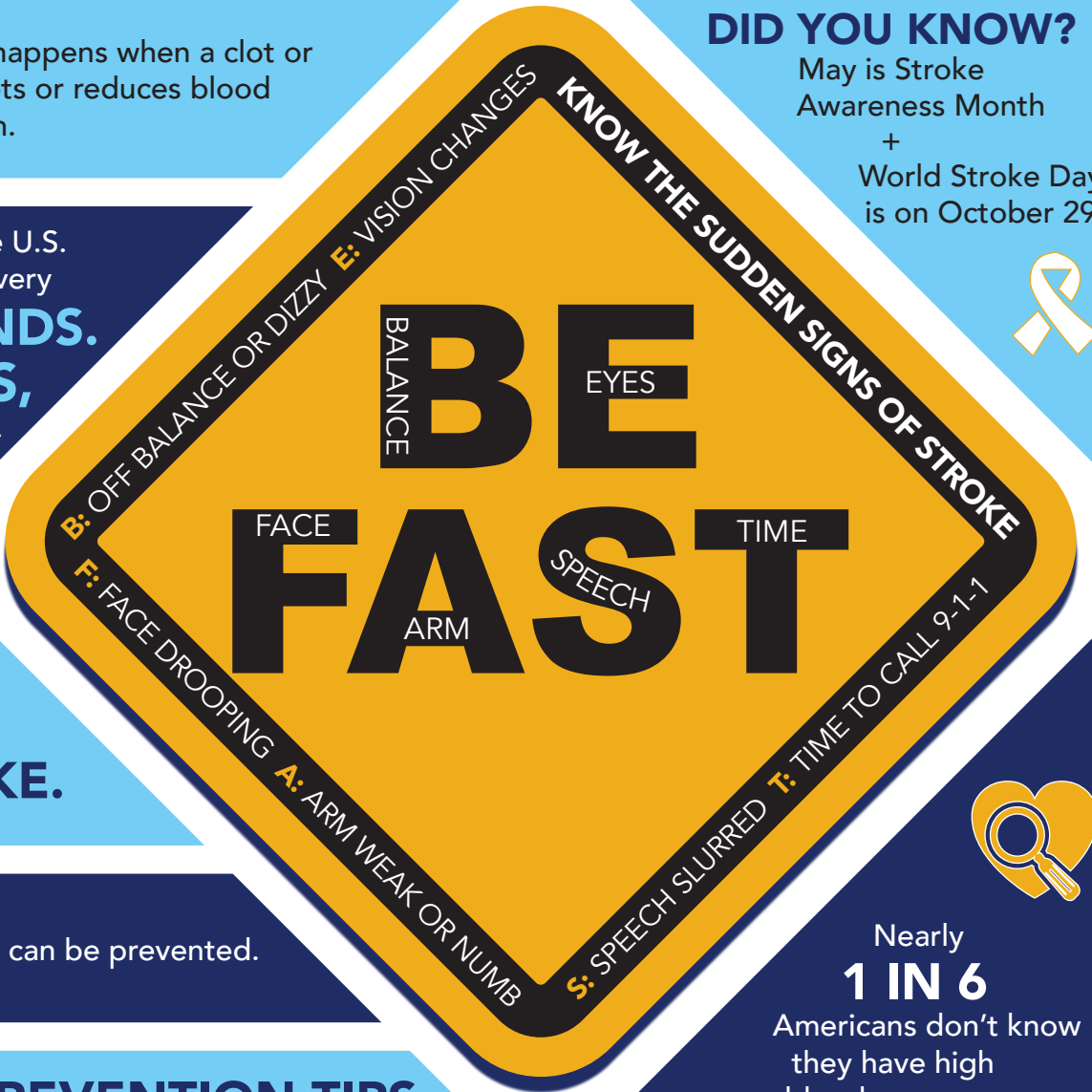




**STROKE** happens when a clot or rupture interrupts or reduces blood flow to the brain.

**DID YOU KNOW?**

May is Stroke Awareness Month  
+  
World Stroke Day is on October 29<sup>th</sup>



Someone in the U.S. has a stroke every

**40 SECONDS.**

Every **4 MINUTES**, someone dies of stroke.



**HIGH BLOOD PRESSURE**

can mean greater

**RISK OF STROKE.**



**80%** of strokes can be prevented.



Nearly **1 IN 6**

Americans don't know they have high blood pressure.

Keep daily limit of sodium less than

**1500 MG**

if blood pressure is high

Normal blood pressure is considered

**BELOW 120/80**



**STROKE PREVENTION TIPS:**

- Maintain a healthy weight
- Regularly check your blood pressure & cholesterol
- Cigarette smoking can increase stroke risk
- Routine weekly physical activity helps lower blood pressure & cholesterol
- Avoid excessive alcohol consumption as it can increase blood pressure levels



**FASTER TREATMENT = LESS BRAIN DAMAGE**

- **Call 9-1-1** for fast treatment or get stroke patient to the hospital as quickly as possible
- **Clot busting medications** and **clot removal procedures** must be administered within a few hours of stroke symptoms to lessen the chance of being disabled after a stroke

[www.kdhe.ks.gov](http://www.kdhe.ks.gov)  
[www.kissnetwork.us](http://www.kissnetwork.us)

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