

# K.I.S.S. Stroke Goodbye

## *Prevent. Treat. Beat.*

The Kansas Initiative for Stroke Survival (KISS) is a non-profit organization dedicated to enhancing stroke care and outcomes across the region. The campaign, "KISS Stroke Goodbye: Prevent, Treat, Beat," empowers communities across Kansas with lifesaving knowledge—helping people prevent stroke through healthy living and early recognition of symptoms, treat stroke quickly through coordinated emergency response, and beat stroke by supporting survivors with education and tools for recovery.



"I kept losing my balance and the next thing I knew, I was on the floor."

– Patricia Harris, Stroke Survivor

## Did you know...?



**Every 40 seconds, someone in the United States has a stroke.**

- Stroke is a leading cause of serious long-term disability.
- Patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who receive delayed care.
- 1 in 4 stroke survivors has another stroke within 5 years.

### Sources:

[https://www.cdc.gov/stroke/data-research/facts-stats/index.html?utm\\_source=chatgpt.com](https://www.cdc.gov/stroke/data-research/facts-stats/index.html?utm_source=chatgpt.com)  
<https://www.cdc.gov/stroke/treatment/index.html>



Scan QR code for stroke resources & support.



[www.kissnetwork.us/Kiss-Stroke-Goodbye](http://www.kissnetwork.us/Kiss-Stroke-Goodbye)



# Prevent

Up to 80% of strokes may be prevented through healthy lifestyle choices and managing risk factors like high blood pressure, high cholesterol, diabetes, obesity and smoking. Knowing your numbers, staying active, eating well, and working with your healthcare provider can greatly lower your chances of having a stroke.

# Treat

When it comes to stroke, every second counts. Treatment can save lives—and quality of life—but only if patients get the right care, right away. Knowing the signs and calling 911 immediately gives you the best chance for recovery. The faster a stroke is treated, the better the outcome.

# Beat

Life after stroke can be challenging, but there is hope. Making strong rehab decisions, staying connected to your care team, and taking steps to prevent another stroke can improve your recovery and quality of life. With the right tools and support, survivors can thrive.

**If signs and symptoms of a stroke occur, remember to:**

## **B.E. F.A.S.T.**

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**B** Off **B**alance or dizzy

**E** Vision (**E**ye) changes

**F** Face drooping

**A** Arm or leg weak or numb

**S** Speech slurred

**T** Terrible headache

Time to call 9-1-1