

Every second counts...

When a stroke hits, think Emory Healthcare first.

Are you or your family member at risk? Use this sheet to start a discussion with your physician and get an understanding of your risk factors.

The Southeast is often referred to as the stroke belt, meaning that more people die of stroke here than in other parts of the country. Stroke remains the country's fifth leading cause of death and a leading cause of disability. Fortunately, many of the risk factors for stroke can be controlled or prevented altogether with the right combination of a healthy lifestyle and medical management. We hope that you will use this stroke education sheet to learn your risk factors, as well as spot the signs and symptoms of stroke in yourself and others.

Emory Healthcare is dedicated to raising stroke awareness, as well as diagnosing and treating stroke. Emory offers comprehensive stroke management from onset through recovery. Our specialists focus on rapid, accurate diagnosis, treatment and rehabilitation for the best outcome for our patients.

If you or someone around you experiences signs or symptoms of stroke, ACT F.A.S.T.: CALL 911.

Know Your Numbers

Date: _____

Glucose: _____

Blood Pressure: _____

Cholesterol: _____

Heart Rate: _____

Weight: _____

Body Mass Index (BMI): _____

My Personal Stroke Risk Factors

Listed below are your risk factors for stroke. Once you have a stroke or transient ischemic attack (TIA, or mini- stroke), you are at a greater risk for having another one. Ask your doctor about preventing or treating these risk factors. Check what is applicable to you.

- High blood cholesterol >200 mg/dL
- High blood pressure [the recommended blood pressure is <120 mmHg (systolic) over <80 mmHg (diastolic), but your physician will tell you where he or she wants yours to be]
- Tobacco smoking
- Diabetes
- Carotid or other artery disease
- Heart disease, including atrial fibrillation
- Physical inactivity
- Obesity
- Certain blood disorders (such as sickle cell anemia)
- Excessive alcohol use
- Drug abuse
- Family history of stroke
- Other _____

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Know the Signs

If these occur, act FAST.

F **FACE** Ask the person to smile. Does one side of the face droop?

A **ARMS** Ask the person to lift both of his or her arms in the air. Does one arm drift downward?

S **SPEECH** Ask the person to repeat a simple sentence. Do they have trouble talking, or are their words slurred?

T **TIME** Time to call 911 right away.

If you or a family member is experiencing symptoms of a stroke, dial 911 and ask to be taken to an Emory Healthcare stroke center.

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➔ emoryhealthcare.org/stroke



Emory University Hospital
Comprehensive Stroke Center

Emory Johns Creek Hospital
Emory Saint Joseph's Hospital
Emory University Hospital Midtown
Primary Stroke Centers