



# May is Stroke Awareness Month

**WATAUGA MEDICAL CENTER**

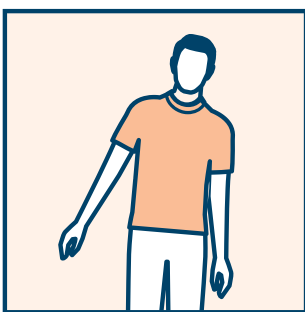
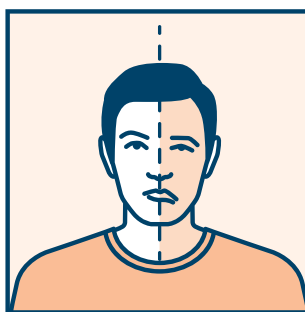
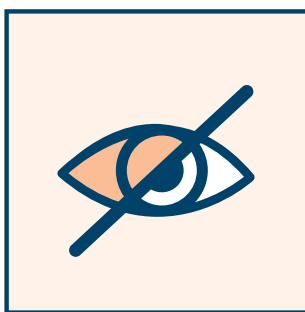
Certified as a Primary Stroke Center by The Joint Commission



## LEARN HOW TO RECOGNIZE STROKE

Knowing the signs of stroke can help save lives. When you know what to look for, you can help others get the care they need.

**B E F A S T**



### BALANCE

LOSS OF BALANCE, HEADACHE OR DIZZINESS

### EYES

BLURRED VISION

### FACE

ONE SIDE OF THE FACE IS DROOPING

### ARMS

ARM OR LEG WEAKNESS

### SPEECH

SPEECH DIFFICULTY

### TIME

TIME TO CALL FOR AMBULANCE IMMEDIATELY



1 in 6 people will have a stroke in their lifetime.



Stroke is the 5th leading cause of death in the US, killing around 140,000 people each year.



Stroke is a leading cause of serious long-term disability.

## PREVENTION

Stroke is preventable. You can help prevent stroke by making healthy choices and controlling health conditions you may have.

KEEP YOUR BLOOD PRESSURE LOW

LOWER YOUR CHOLESTEROL

EAT HEALTHY FOOD

EXERCISE REGULARLY

MANAGE YOUR DIABETES

LIMIT ALCOHOL

STOP SMOKING

AVOID STRESS

TREAT SLEEP APNEA

MAINTAIN A HEALTHY WEIGHT



APPALACHIAN REGIONAL HEALTHCARE SYSTEM  
[apprhs.org/stroke](http://apprhs.org/stroke)