

**vitality**

**information**

# Stroke

## *Warning Signs to Live By*

### What is a stroke?

A stroke occurs when blood flow cannot get to the brain or when a blood vessel bursts causing bleeding into the brain.

### How common are strokes?

Stroke is the third leading cause of death in America.

### Who is at risk?

- Men and women of all ages
- Men and women with a family history of stroke

### What are the warning signs?

- Slurred speech
- Sudden numbness or tingling (especially on one side of the body)
- Blurred vision
- Stumbling and/or clumsiness

### What should I do if I have any of the warning signs?

Call 911 right away. Do not wait! Tell the operator what you are feeling.

### How can I prevent having a stroke?

- Maintain healthy blood pressure
- Exercise and maintain healthy body weight
- Quit smoking
- Lower your cholesterol
- Limit alcohol intake

### What should I do if I think I am at risk?

If you think you're at risk, call a neurologist at 1.866.DO.NEURO.

## **Institute for Neurosciences**

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*1.866.DO.NEURO [www.nym.org](http://www.nym.org)*

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