

# May is American Stroke Month

The American Heart Association wants you to think **FAST!**

**If you are not sure if someone is having a stroke, think FAST-**

**F-Facial drooping**

**A-Arm weakness**

**S- Speech difficulty**

**T-Time to call 911**



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Strokes can occur in 2 ways. The first is an ischemic stroke which occurs when a blood clot limits blood flow to an area of the brain. The second way is an active bleed where one of the blood vessels in the brain is leaking blood. The symptoms are the same.

Facial drooping is noted when looking at the person face on. One side of the face will be down and not react when you ask the person to smile.

Arm weakness is noted when you ask the person to lift both arms straight out in front of them to shoulder height. One arm will drift down involuntarily if a stroke is involved.

Speech difficulty is when the person either cannot speak, it is incomprehensible or it is gibberish.

These symptoms need a call to 9-1-1! Shorter times to a medical facility are associated with better outcomes and less damage. It is better to be cautious than to ignore symptoms.

**PLEASE POST FOR THOSE WITHOUT EMAIL**



The Medical Center of Plano