

Perquimans County Center for Active Living
1072 Harvey Point Road
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Stroke Screening

May 31, 2023

10:00 am —12:30 pm

05 KEY FACTS ABOUT STROKE



FACT #1:
**stroke kills
brain cells**

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:
**types of
stroke**

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "mini stroke" caused by a temporary blockage.



FACT #3:
**about one
in four stroke
survivors
is at risk
for another**

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:
**prevention
is key**

Had a stroke? Create a plan with your doctor to prevent another, which may include managing high blood pressure and discussing aspirin or other medicine.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.



FACT #5:
**time lost
is brain lost**

Now that you know prevention, here's how you spot one. Learn the FAST warning signs:

| | | | |
|-------------|----------|------------|----------|
| F | A | S | T |
| Face | Arm | Speech | Time to |
| Dr drooping | Weakness | Difficulty | call 911 |

StrokeAssociation.org

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