

STROKE — B.E. F.A.S.T.

Recognize the Signs. Act Quickly. Save a Life.

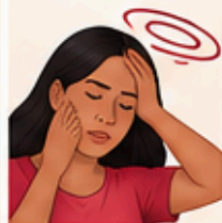


A stroke happens when blood flow to part of the brain is suddenly interrupted by a clot or bleeding. Brain cells can be damaged or die within minutes.

B.E. F.A.S.T. KNOW THE SIGNS OF STROKE

B

**BALANCE
LOSS**



Sudden loss of balance or coordination, trouble walking or dizziness.

E

**EYES
(VISION CHANGES)**



Sudden blurred or double vision or loss of sight in one or both eyes.

F

**FACE
DROOPING**



One side of the face droops or feels numb. Ask the person to smile. Is one side uneven?

A

**ARM
WEAKNESS**



One arm feels weak or numb. Ask the person to raise both arms. Does one arm drift downward?

S

**SPEECH
DIFFICULTY**



Speech is slurred, strange, hard to understand or trouble speaking.

T

**TIME
TO CALL 911**



If you notice any of these signs, even if they go away, **CALL 911 immediately.**



**STROKE IS A MEDICAL EMERGENCY.
CALL 911 IMMEDIATELY.**



Note the time symptoms first appeared.



Do not drive yourself or the person to the hospital—call 911 so emergency medical services can begin care on the way.

OTHER SUDDEN WARNING SIGNS



Sudden numbness or weakness, especially on one side of the body (face, arm or leg).



Confusion, trouble understanding or difficulty following simple instructions.



Severe headache with no known cause (often described as the "worst headache ever").



Trouble seeing in one or both eyes or sudden loss of vision.

EVERY MINUTE COUNTS.

Prompt treatment can reduce brain damage and improve the chance of recovery.



*Women deserve care too—
especially while caring for everyone else.*

Your Health Matters.
Your Life Matters.

For educational purposes only. This information does not replace individualized medical advice.

The Muse Legacy Foundation | Richmond, Virginia | themuselegacyfoundation.org

KNOW YOUR STROKE RISK

Stroke can happen to anyone, at any age.

A stroke occurs when blood flow to part of the brain is interrupted by a clot or bleeding. Without oxygen and nutrients, brain cells can be damaged or die within minutes.



COMMON RISK FACTORS



High blood pressure
(the leading risk factor)



Diabetes



High cholesterol



Tobacco use
(smoking or vaping)



Overweight or obesity



Physical inactivity



Previous stroke
or transient ischemic
attack (TIA)



Increasing age
(risk rises after age 55)



Family history of stroke



STROKE RISK IN WOMEN

*Certain factors unique to women
can increase stroke risk, including:*

- Pregnancy-related high blood pressure (preeclampsia)
- Gestational diabetes
- Hormonal changes (menopause)
- Use of certain birth control methods
- Migraine with aura
- Autoimmune conditions (such as lupus or rheumatoid arthritis)
- A history of pregnancy complications

*Talk with your healthcare professional
about how these factors may affect your
individual risk.*



QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

Be informed. Be proactive.

- ☐ What is my stroke risk?
- ☐ Is my blood pressure in a healthy range for me?
- ☐ Do I need cholesterol or diabetes screening?
- ☐ Does my family history affect my risk?
- ☐ Are there lifestyle changes or treatments that can help lower my risk?
- ☐ Should I take aspirin or another medication?
- ☐ What warning signs should prompt me to seek emergency care?



MY STROKE PREVENTION ACTION PLAN

Small steps today can make a big difference.

- ☐ Know and check my blood pressure regularly.
- ☐ Take prescribed medications as directed.
- ☐ Keep my cholesterol and blood sugar in a healthy range.
- ☐ Avoid tobacco and limit alcohol.
- ☐ Be physically active (aim for at least 150 minutes per week, if approved by my healthcare professional).
- ☐ Choose heart-healthy foods (fruits, vegetables, lean proteins, whole grains, healthy fats).
- ☐ Maintain a healthy weight.
- ☐ Keep regular healthcare appointments.
- ☐ Learn and share the B.E. F.A.S.T. signs with my family, friends and community.



WHAT IS A TIA?

A warning stroke.

- A transient ischemic attack (TIA) is a "mini-stroke" caused by a temporary blockage of blood flow to the brain.
- Symptoms are the same as a stroke but usually go away within minutes or hours.
- A TIA is a serious warning sign. It increases the risk of a future stroke.
- **Do not ignore TIA symptoms. Seek medical evaluation immediately, even if you feel better.**



REMEMBER

- Know the signs.
- Control your risk factors.
- Take action.
- Call 911 if you notice any stroke symptoms.
- Share this information with the women in your life.
- Together, we can save lives.



*Women deserve care too—
especially while caring for everyone else.*

Your Health Matters.
Your Life Matters.