

## **STROKE AWARENESS**

As a stroke survivor or a caregiver for a stroke survivor, did you know that having a stroke puts you at greater risk for another stroke? Now, National Stroke Association has partnered with Bristol-Meyers Squibb Sanofi Pharmaceuticals to develop the STARS program. STARS stands for Steps Against Recurrent Stroke and is a program to make sure you know there is so much you can do to reduce your risk for a recurrent stroke.

Do You Know The Statistics?

- Three-quarters of a million Americans experience a stroke each year, and at least 1 in four (25%-35%) will have another stroke within their lifetime.
- Within 5 years of your first stroke, your risk for another stroke can increase more than 40%.
- Within 5 years of a stroke, 24% of women and 42% of men will experience a recurrent stroke.

One very important thing you can do is to recognize stroke symptoms. Here is an easy way to remember the most common stroke symptoms:

### **Act F.A.S.T.**

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|----------|---|--------|--|
| <b>F</b> | = | Face   | Ask the survivor to smile, does one side of his or her face droop?   |
| <b>A</b> | = | Arm    | Ask the survivor to raise both arms. Does one arm drift downward?  |
| <b>S</b> | = | Speech | Ask the survivor to repeat a simple sentence. Is his or her voice slurred or are words mixed up?   |
| <b>T</b> | = | Time   | If the survivor has even one of these symptoms you must call 9-1-1 fast and get to a local stroke center. You can find your nearest stroke center listed on the National Stroke Association website at <a href="http://www.stroke.org">www.stroke.org</a> and click on the Emergency Stroke Center locations button. |

You don't have to have another stroke. Be a Stroke Smart Star!

For more information, contact National Stroke Association at (800) STROKES or [www.stroke.org](http://www.stroke.org)