



BE FAST: Your Guide to Stroke Prevention

By practicing prevention and taking action, you can reduce your chance of stroke by up to 80%. Learn to BE FAST to spot a stroke with our guide below.

MYTH



Strokes cannot be prevented.

V.S.

FACT



Up to 80% of strokes can be prevented with lifestyle changes and medical interventions.

Are You At Risk for Stroke?

Stroke is a leading cause of death and disability worldwide



10% of Americans suffer a stroke without realizing it. Most doctors only see damage after a brain scan (MRI).

About 87% of strokes are ischemic. A blood clot usually causes a blockage in the brain.

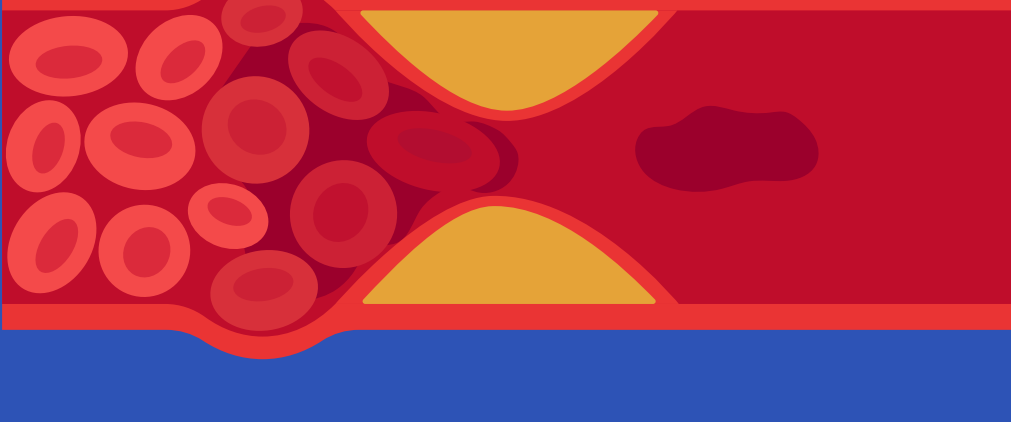
Know the Risk Factors for Strokes

High Blood Pressure = 2 to 4x the Risk

High blood pressure is the leading cause of stroke.

30% of Strokes = Artery Blockages

Blockages in the carotid artery can also cause strokes.



Other Risk Factors:

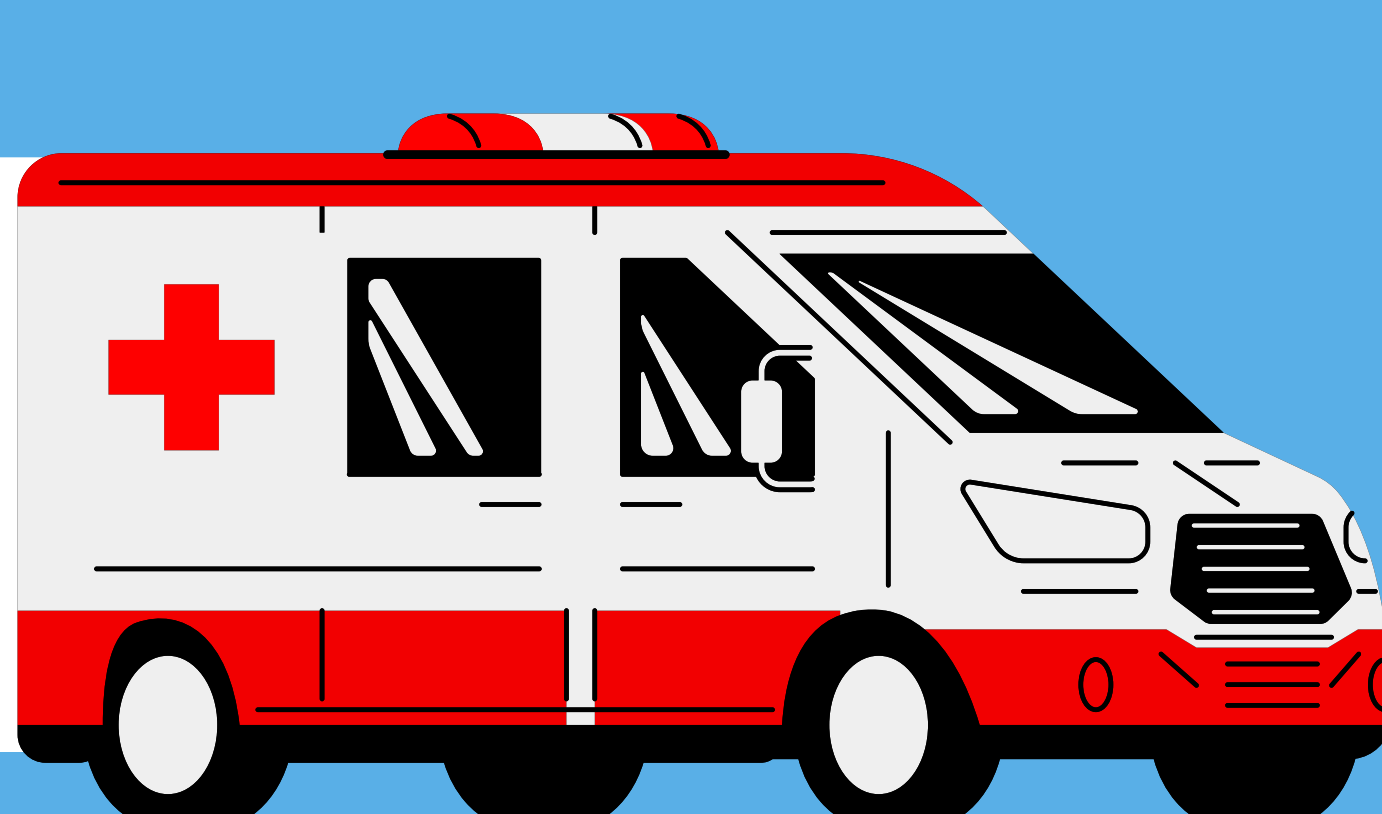
- Vascular Disease
- High Blood Pressure
- High Cholesterol
- Smoking
- Obesity

BE FAST

BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Unable to walk in a straight line	Blurred, double, or total vision loss	Drooping on one side of the face	Unable to lift arms above their head	Cannot speak clearly	Call 911 immediately

3 Hours

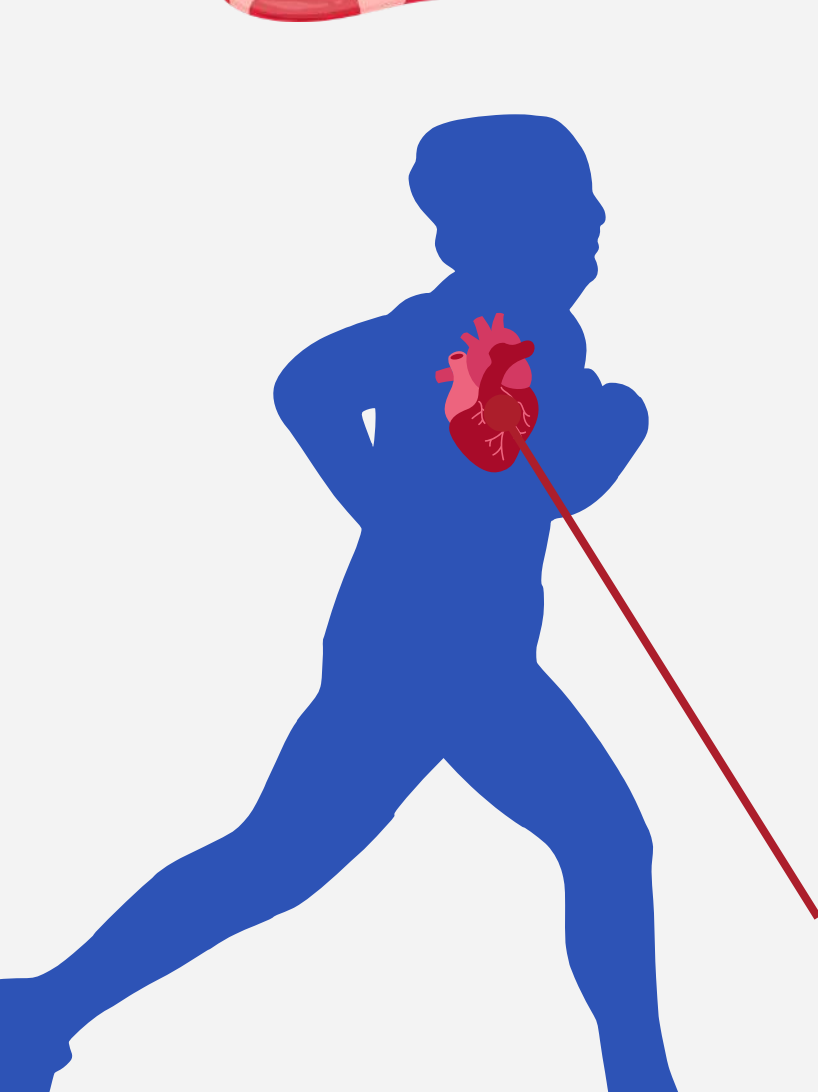
Getting to the ER within 3 hours of seeing stroke symptoms tend to recover better in 3 months after a stroke than those who waited.



What Reduces Stroke Risk?

Diets high in fruits, vegetables, and whole grains can reduce stroke risk by up to 27%. Doctors recommend the Mediterranean Diet.

- Fruits (at least 5 servings per day)
- Healthy fats (fatty fish or seafood, nuts, seeds, avocado, and extra-virgin olive oil)
- Beans and other legumes
- Vegetables (at least 3 servings per day)
- Whole grains such as quinoa
- Seafood, poultry, eggs & nuts for protein
- Limit red meat to once a week or none at all (depending on risk)



Regular exercise can lower the risk of stroke by 25%.

Try interval training with walking and jogging to get your heart rate up.



Managing atrial fibrillation (irregular, fast heartbeat) reduces stroke risk by up to 60%.

Checklist for Stroke Prevention

- | | |
|---|---|
| <input type="checkbox"/> Remember BE FAST | <input type="checkbox"/> Manage High Cholesterol |
| <input type="checkbox"/> Stop Smoking | <input type="checkbox"/> Talk to a Doctor About Fast Heartbeat and Carotid Artery Disease (CAD) |
| <input type="checkbox"/> Exercise (Try Interval Cardio & Low Impact Exercise) | <input type="checkbox"/> Get Screened for Blood Clots |
| <input type="checkbox"/> Try Mediterranean Diet (High in Fruits, Seafood, Vegetables, and Whole Grains) | <input type="checkbox"/> Brain Scans to Check for Silent Stroke |
| <input type="checkbox"/> Manage High Blood Pressure | <input type="checkbox"/> Screening for Cardiovascular Health by Vascular Doctor |