

Warning Signs of Stroke

Learn the many warning signs of a stroke. Act **FAST** and **CALL 9-1-1 IMMEDIATELY** at any sign of a stroke. Use **FAST** to remember warning signs:

F **FACE:** Ask the person to smile. Does one side of the face droop?



A **ARMS:** Ask the person to raise both arms. Does one arm drift downward?



S **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T **TIME:** If you observe any of these signs, call 9-1-1 immediately.

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within *three hours* of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

LEARN ABOUT MORE SUDDEN SIGNS OF STROKE AT



www.stroke.org/symp

National Stroke Association's mission is to reduce the incidence and impact of stroke by developing compelling education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.

A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die.

CALL 9-1-1 IMMEDIATELY IF YOU SEE ONE OR MORE SIGNS OF A STROKE.



1-800-STROKES
(787-6537)

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Transient Ischemic Attack (TIA)



TIA - A warning sign of stroke



Transient Ischemic Attack (TIA)

What is stroke?

Stroke is a “brain attack” that occurs when the blood, which brings oxygen to your brain, stops flowing and brain cells die. About 795,000 people in the U.S. will have a stroke each year.

What is a TIA?

A transient ischemic attack (TIA) is a mini-stroke, with stroke symptoms that last less than 24 hours before disappearing. While TIAs generally do not cause permanent brain damage, they are serious warning signs of stroke and should not be ignored!

Up to 40 percent of all people who experience a TIA will go on to have an actual stroke. In fact, risk for stroke is especially high in the first few days after a TIA. Most studies show that nearly half of all strokes occur within the first two days after a TIA:

- Within two days after a TIA, five percent of people will have a stroke
- Within three months after a TIA, 10 to 15 percent of people will have a stroke

What are the symptoms of a TIA?

The symptoms of a TIA and stroke are basically the same. You cannot tell whether you are having a stroke or a TIA. Only a healthcare professional can tell the difference. If you are having a TIA, your healthcare professional can identify and treat the cause(s). This may reduce your risk for future stroke. If you are having a stroke, emergency treatment could save your life and improve your chances for a good recovery.

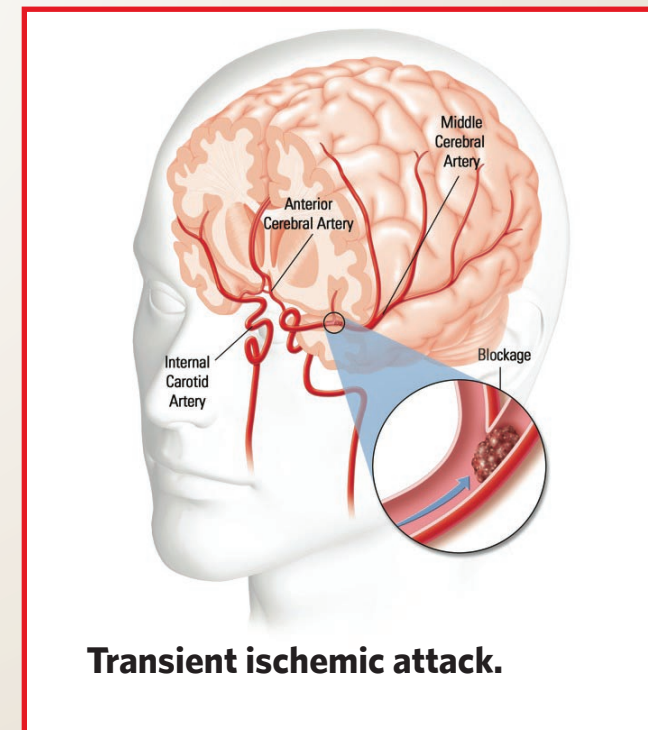


What causes a TIA?

When a blood vessel in the brain becomes blocked for a short period of time, the blood flow to that area of the brain slows or stops. This lack of blood (and oxygen) often leads to temporary symptoms such as slurred speech or blurry vision.

TIAs are usually caused by one of three things:

- Low blood flow in a major artery carrying blood to the brain
- A blood clot in another part of the body (like the heart) that breaks off, travels to the brain and blocks a blood vessel
- The narrowing of a smaller blood vessel in the brain; usually caused by plaque (a fatty substance) build-up



How is a TIA diagnosed?

It is important to find out the cause of a TIA so that you and your healthcare professional can develop a stroke prevention plan. To determine the cause of a TIA, your healthcare professional may run tests, such as blood tests, X-rays, ultrasound scanning, magnetic resonance imaging (MRI), a computed tomography (CT) scan or tests to find out whether there are heart-related problems, such as an irregular heartbeat.

How can a TIA be managed?

The goal of TIA management is to prevent a future stroke. The medicine and therapy used depends on the exact cause of the TIA. In addition to lifestyle changes such as diet and exercise, your healthcare professional may recommend drugs to treat high blood pressure, high cholesterol or heart disease. If a TIA is caused by blockage in the main artery (carotid artery) in the neck that supplies blood to the brain, surgeries may be required to open the artery and prevent a stroke. These changes may reduce your risk of further TIA or stroke.

Ask your healthcare professional about the best stroke prevention options for you. Then take responsibility and enjoy a healthy lifestyle.