

Act F-A-S-T

Stroke Prevention & Identification

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In the United States, Stroke is the leading cause of long-term disability in adults and also the fifth leading cause of death in the United States. There are risk factors that put us at an increased risk for developing a stroke. These factors are classified as either modifiable or non-modifiable. Non-modifiable risk factors are those we cannot control include age, sex, race/ethnicity, and family history. Age is the strongest non-modifiable risk factor contributing to strokes. Risk doubles every 10 years after the age of 55. 75% of all strokes occur in people over the age of 65.

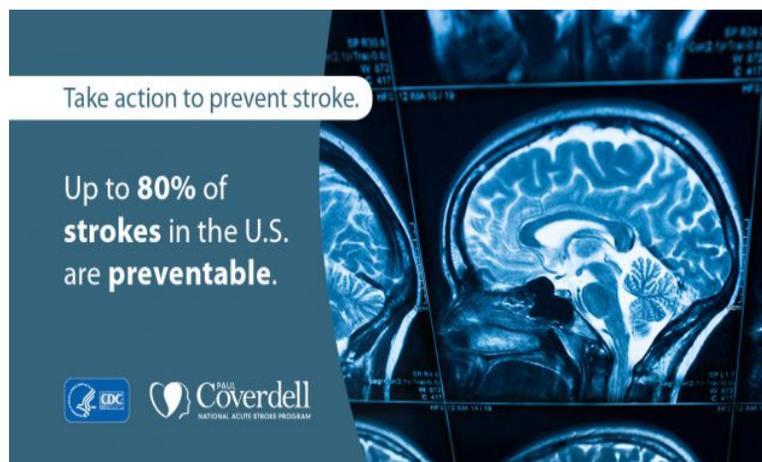
There are, however, risk factors that can be modified by lifestyle changes.

Prevention

Modifiable risk factors that increase likelihood of stroke include poor diet/nutrition, high blood pressure, high cholesterol, uncontrolled diabetes, obesity, tobacco smoking, and physical inactivity.

Steps you can take today to reduce your risk of stroke:

- Smoking cessation if you are a current smoker. Also avoiding secondhand smoke.
- Increasing physical activity
- Weight loss
- Eat a well-balanced diet, low in saturated fats, low salt, and low sugar. Increase intake fresh vegetables and fruits.
- Control blood pressure and cholesterol by taking medications prescribed by your provider.



SOURCE: <https://www.cdc.gov/stroke/images/Stroke-Infocard5.jpg>

- If you are a diabetic, managing blood sugar and taking medications as prescribed by your provider.

Understand your risk for stroke.

Every 40 seconds, someone in the United States has a stroke.





SOURCE: <https://www.cdc.gov/stroke/images/Stroke-Infocard1.jpg>

Identification

Recognizing the signs and symptoms of stroke can save lives. The acronym **F.A.S.T.** is often used for stroke identification and survival; **F**acial droop on one side of the face, **A**rm drift or weakness on one side of the body, **S**peech changes including slurred or incomprehensible speech, **T**iming is crucial. If you or anyone else develops any symptoms **call 9-1-1 immediately.**

Acting F.A.S.T. is key to stroke survival.

-  **Face:** Does one side of the face droop when smiling?
-  **Arms:** Does one arm drift downward when both arms are raised?
-  **Speech:** Is speech slurred or strange when repeating a simple phrase?
-  **Time:** If you see any of these signs, call 9-1-1 right away.

[cdc.gov/stroke](https://www.cdc.gov/stroke)




SOURCE: <https://www.cdc.gov/stroke/images/NSAM2020-FAST-social-card.jpg>

References

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