

# Spot a Stroke!



A **STROKE** is an injury to the brain caused by a disruption of blood flow to the brain cells. When a blood vessel becomes blocked or bursts, oxygen-rich blood is unable to reach a portion of the brain and brain cells begin to die. A stroke is a **LIFE-THREATENING** condition that requires you to **recognize the signals** and act **FAST**.

## FACE



Does one side of the face droop?

## ARM



Is one arm or leg weak or numb?

## SPEECH



Is speech slurred or strange?

## TIME



Time is essential.  
Call 9-1-1  
immediately!

High blood pressure is the number one cause of strokes, however it can be preventable by making healthier choices. **INTERVENT's** Lifestyle Health Coaching can help you to live a healthier life and reduce your risk of stroke. Visit [www.myintervent.com](http://www.myintervent.com) today.