

STROKE

- Understand your risks
- Recognize signs and symptoms
- Know your resources

RESOURCES

Kaiser Permanente is proud to announce our Fremont Hospital is in the process to become certified as a Primary Stroke Center.

Certification is granted by the Joint commission in collaboration with the American Stroke Association to recognize centers that make exceptional efforts toward better outcome for stroke care.



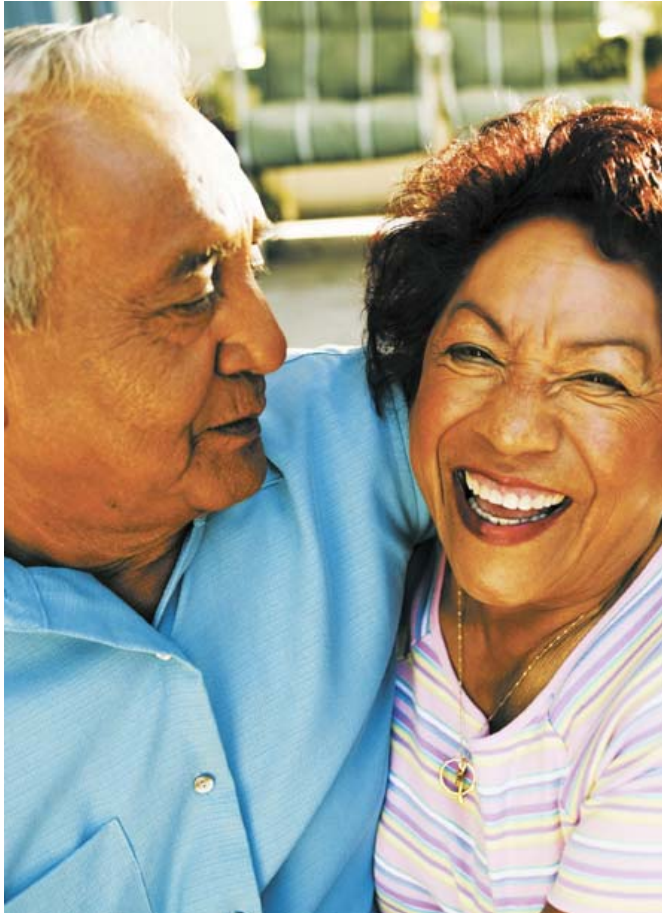
Call Health Education: (510) 784-4531 or 248- 3455

BOOKS:
DVD & VIDEOTAPES

SUPPORT GROUPS
Kaiser Permanente, Hayward 510-784-4531
Eden Medical Center, Castro Valley 510-889-5064
Washington Hospital, Fremont; 800-963-7070 or 510-745-6526

WEBSITES
Kaiser Permanente
www.kp.org (Health & Wellness)
American Stroke Association
www.strokeassociation.org
National Stroke Association
www.stroke.org
National Institute of Neurological Disorders/Stroke
www.ninds.nih.gov

Health Education, Fremont/Hayward Kaiser Permanente
6-09





RISK FACTORS

Mini- Strokes 9 Transient Ischemic Attacks TIAs): When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

High blood pressure: The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

Diabetes: Control the symptoms of diabetes with proper diet, exercise and medication.

Obesity: Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

Smoking: Smoking increases risk of stroke by two to three times.

SIGNS AND SYMPTOMS

Stroke is the third leading cause of death in the United States and the leading cause of adult disability.

A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

Strokes can cause:

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden headache with no known cause

Is it a stroke? Check these signs **FAST!**

FACE –

- Ask the person to smile
- Does it look uneven?

ARM –

- Ask the person to raise both arms
- Does one arm drift down?

SPEECH –

- Ask the person to repeat a simple sentence
- Does their speech sound strange or slurred?

TIME – Call 911 at any sign of stroke

[You can beat a stroke!](#)

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately. Go in an ambulance!

Save time. Be seen faster