



May is American Stroke Month
Act F.A.S.T.

During May, American Stroke Month, the American Heart Association/American Stroke Association is launching *Together to End Stroke*, an initiative to raise awareness and education that stroke is largely preventable, treatable and beatable.

Through *Together to End Stroke*, the association is using the acronym F.A.S.T. to help people to recognize a stroke. This is important for everyone to know, because most of the time, it is bystanders who need to recognize the symptoms and call 9-1-1.

F.A.S.T. stands for:

- F - Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- A - Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S - Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- T - Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Being transported to the hospital by ambulance is associated with:

- **Early arrival** – getting to the hospital within 3-hours of symptom onset to be evaluated for clot busting drugs or potential medical procedures or devices
- **Quicker evaluation** – getting a brain scan within 25 minutes of hospital arrival
- **Faster treatment** – receiving clot busting drugs within 60 minutes of arrival

Also, a free mobile app is available to help people to recognize a stroke F.A.S.T. and 9-1-1 may be dialed directly from the app. For more information, visit www.StrokeAssociation.org .

STROKE FACTS

- ✓ Stroke is the No. 4 cause of death among adults in the U.S. It kills 128,000 people a year – that's about one in every 19 deaths.
- ✓ Every 40 seconds, someone in American has a stroke. On average, every four minutes, someone dies from stroke.
- ✓ Stroke is a leading cause of server, long-term disability. In North Dakota, stroke is one of the leading reasons for admission to a nursing home.
- ✓ High blood pressure, also known as hypertension, is the No. 1 preventable risk factor for stroke.