

SIGNS OF HEART ATTACK AND STROKE

Signs of Stroke

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for the most effective treatments if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F—Face:

Ask the person to smile. Does one side of the face droop?

A—Arm:

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.

Common Signs of Heart Attack

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
 - A feeling of fullness, nausea, indigestion, heartburn or abdominal pain
 - Feelings of anxiety or an impending sense of doom
- Lightheadedness or dizziness
- Trouble sleeping
- Shortness of breath
- Sweating or a cold sweat
- Fatigue



Pointe au Baril Islanders' Association

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