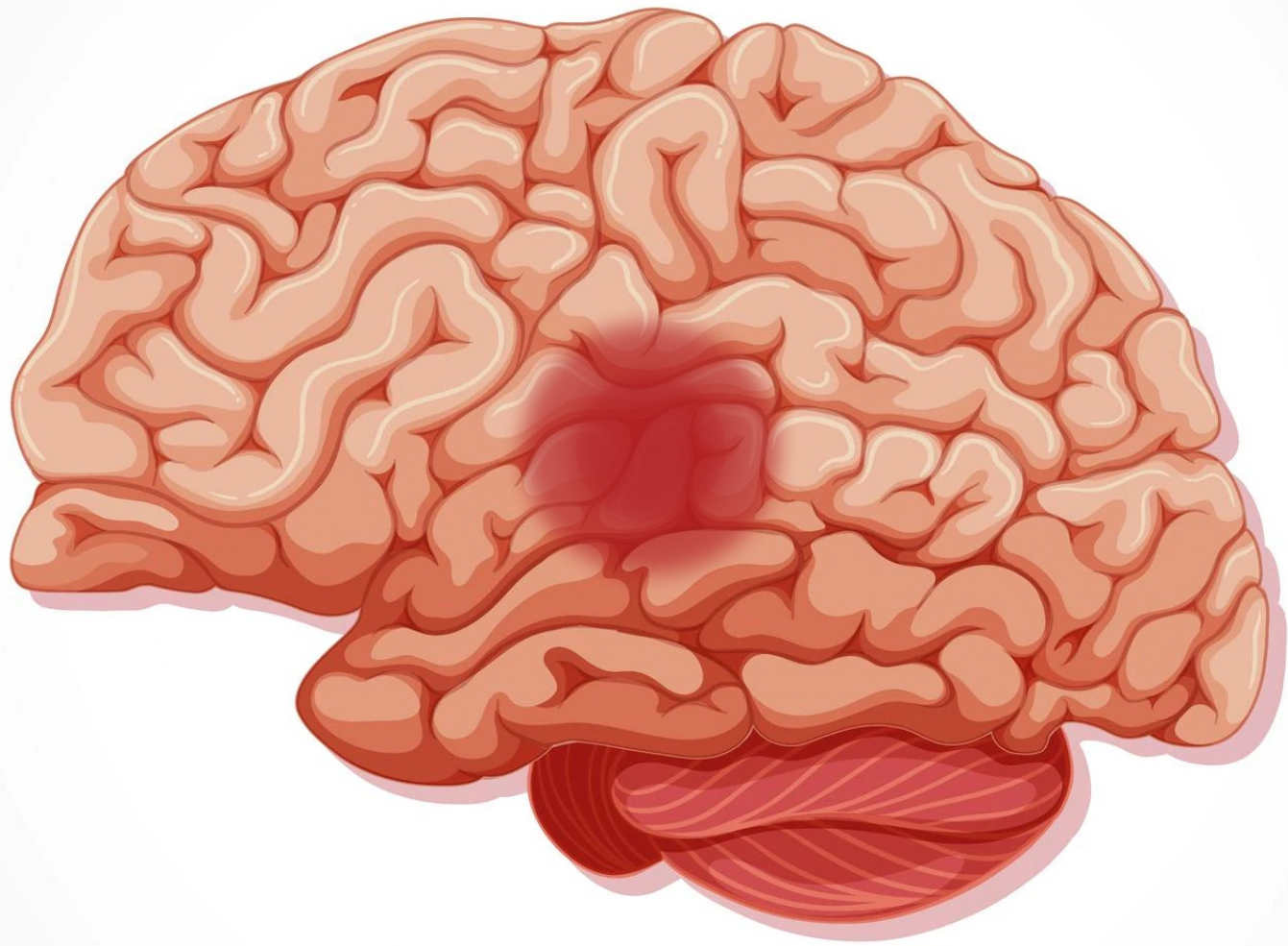


STROKE



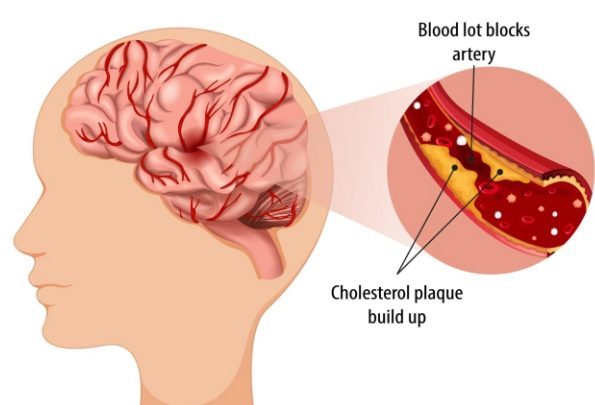
WHAT IS STROKE

A stroke is a brain attack which occurs when a blockage or bleed of the blood vessels either interrupts or reduces the supply of blood to the brain. When this happens, the brain does not receive enough oxygen or nutrients, and brain cells start to die.

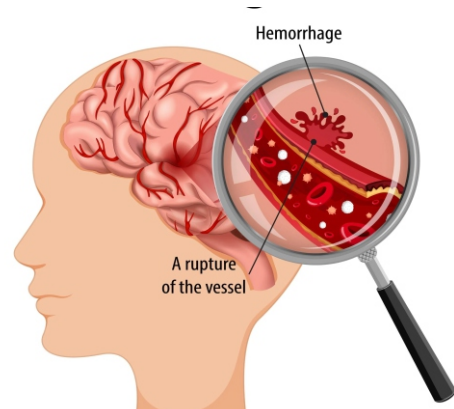
There are two types of Strokes, they are:

1. **Ischemic Stroke**
2. **Hemorrhagic Stroke**

TYPES OF STROKE

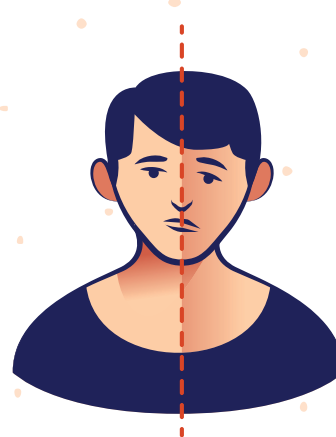


ISCHEMIC



HEMORRHAGIC

SIGNS OF A STROKE



FACE

Watch to see if their face droops, especially if it is one-sided. A simple test is to ask the individual to smile.



ARM

One arm could be weak, numb, or sag. Have the person raise both arms to observe if either of the arms fits the description above.



SPEECH

Listen for slurred or strange-sounding words.



TIME

Every second counts. Call for medical assistance right away!

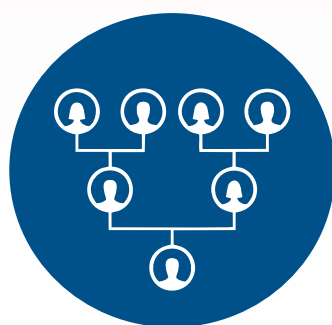
STROKE RISK FACTORS



High blood pressure
Diabetes
Having high cholesterol Level



55 years of
age or older



Having a personal or
family history of stroke



Smoking
Excessively alcohol intake



Overweight
or obesity