

# Focus On: Stroke

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or gets blocked by a blood clot.

Without blood and the oxygen it carries, part of the brain starts to die.

The part of the body controlled by the damaged area of the brain can't work well.

Quick treatment can help limit the damage and increase the chance of a full recovery.

To help spot the signs of a stroke, remember the phrase B.E. F.A.S.T.

Balance loss; eyesight changes; face drooping on one side of the face, arm weakness or numbness on one side of the body; and speech problems are all common symptoms.

The T stands for time to call 911.

If you notice any of these signs, call 911 right away. A stroke is a medical emergency.

At the hospital, treatment depends on the type of stroke, and could include medicines or a medical procedure.

When you go home, your doctor may prescribe medicines and healthy lifestyle changes that can help lower your risk of another stroke.

Know the signs of stroke so you can get help quickly. Remember BE FAST!

To learn more about how to prevent a stroke, talk to your doctor.