

Stroke: Understanding the Symptoms

[Host] Anyone, at any age, can have a stroke.

And because brain damage happens fast with a stroke, knowing the symptoms and calling emergency services right away can make recovery more likely.

It can even save a life.

[Young woman] "My abuela and I were baking cookies and talking.

All of a sudden, she stopped what she was doing and kind of leaned over the counter.

She looked really scared.

She tried to say something, but it came out all garbled.

I said, 'Abuela, what's wrong?' She tried to answer me, but her answer didn't make any sense.

She was still standing up, but I was pretty sure she was having a stroke.

I immediately called emergency services."

[Man] "My friend Jerry and I meet for coffee every week.

This one time, we were sitting there, and I started feeling, well, just kind of weird.

Can't really describe it.

And then I tried to lift my coffee cup to my mouth, and I just couldn't lift my arm.

It was pretty scary.

Luckily, Jerry called for help."

[Host] Stroke symptoms happen suddenly, and time is so important.

Make sure you know the most common symptoms.

They include: Problems with walking or balance.

Trouble seeing out of one or both eyes.

Numbness, tingling, weakness, or loss of movement in the face, arm, or leg, especially on only one side of the body.

Trouble speaking.

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Sudden confusion or trouble understanding simple statements.

Or a sudden, severe headache that is different from past headaches.

Symptoms can also include fainting or a seizure.

Sometimes, these symptoms may not be really obvious.

So even if you're not sure, call for help right away.

Call even if any of these symptoms goes away in a few minutes.

Because every minute during a stroke, more brain cells die.

A stroke can cause serious problems.

It can even be deadly.

But by knowing the symptoms—and getting help as fast as you can— you can give someone who's having a stroke the best chance for recovery.