



Know the Signs of Stroke

Trinity Health Of New England

Saint Francis Hospital | [Hartford, CT](#)

Saint Mary's Hospital | [Waterbury, CT](#)

Johnson Memorial Hospital | [Stafford Springs, CT](#)

Mercy Medical Center | [Springfield, MA](#)

Mount Sinai Rehabilitation Hospital | [Hartford, CT](#)

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Prevalence of Stroke



- About 85% of strokes in the United States are caused by a blood clot blocking a blood vessel in the brain (this is called an **ischemic stroke**)
- About 15% of strokes in the United States are caused by a ruptured blood vessel in the brain (this is called a **hemorrhagic stroke**)
- Calling 911 quickly is key to surviving a stroke with as little lasting deficit as possible



Stroke Risk Factors



Modifiable

Uncontrollable:

- Age > 55
- Gender-Female
- Race
 - African American
 - Hispanic
- Family History
- Previous Stroke or TIA

Controllable:

- High Blood Pressure
- Atrial Fibrillation
- High Cholesterol
- Diabetes
- Smoking/Tobacco Use
- Alcohol Use
- Obesity/Excessive Weight
- Inactivity



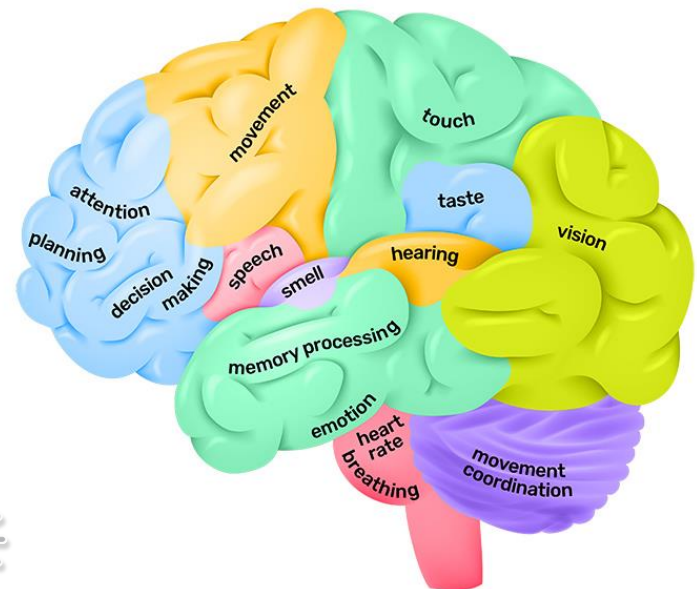
Stroke Treatments

- Depending on the type of stroke, there are different treatment options:
 - Ischemic stroke (blood clot) can sometimes be treated with a “clot-busting” medication
 - This medication can be used up to 4.5 hours after symptoms start for certain patients
 - Ischemic stroke (blood clot) can sometimes be treated with a procedure called “mechanical thrombectomy” (a device is used to physically remove the blood clot from the vessel it is obstructing)
 - This procedure can be used up to 24 hours after symptoms start for certain patients
 - Hemorrhagic stroke (bleeding in the brain) can sometimes be treated with aneurysm repair



Time is Brain!

- When stroke symptoms start, getting to the hospital quickly is very important. Call 911!
- Waiting to “see if it gets better on its own” may mean the patient arrives to the hospital too late to receive some of the available treatments



BE FAST

Know the Signs to Spot a Stroke

Learn the warning signs.
And, act FAST!

B



Balance
Loss

E



Eyesight
Loss

F



Facial
Drooping

A



Arm
Weakness

S



Speech
Difficulty

T



Time to
Call 911



B is for Balance



- The posterior brain (cerebellum) is responsible for balance
- A stroke in this part of the brain can cause sudden difficulty in walking, loss of balance or coordination, feeling of dizziness, nausea, or vomiting
- There are other medical conditions that can cause similar symptoms, so it can be easy for people to brush off these symptoms. Taking a “wait and see” approach can result in inability to receive some of the available stroke treatments

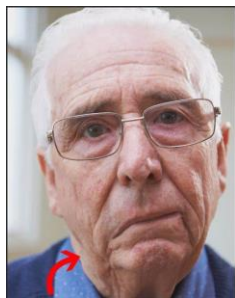
E is for Eyes

- A sudden loss of vision in one or both eyes can be a symptom of stroke
- Depending on the area of the brain affected, the vision change can range from blurred vision to loss of vision
- The vision loss can be total, or it can be partial



F is for Face

- The nerves and muscles controlling the face can be affected by stroke, resulting in facial weakness, facial droop, or facial numbness
- Typically, facial droop will be noted on one side of the face and will be most noticeable around the mouth
- Ask the person to smile. Is the smile equal on both sides? Does one side of the face seem expressionless?



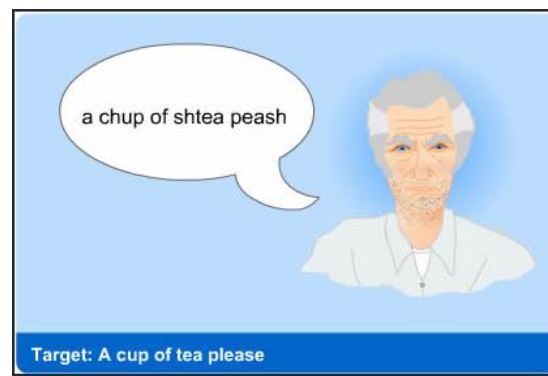
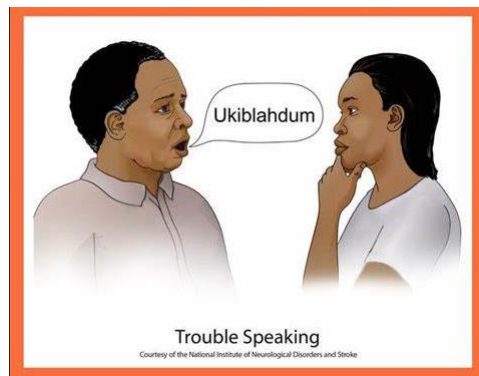
A is for Arm

- Loss of circulation or damage to the motor cortex area of the brain during stroke can cause weakness and/or numbness of the arms or legs
- Sudden numbness or weakness of the arms, legs, or face, especially on one side of the body, is a reason to suspect stroke



S is for Speech

- During a stroke, speech may be slurred or incomprehensible
- Difficulty speaking, difficulty with word finding, and difficulty understanding others are potential signs of stroke
- Ask the person to repeat a simple sentence. Is there any sign of speech abnormality?



T is for Time

- Time to call **911**
- Do not delay calling for help if you or another individual develops possible stroke symptoms
- The quicker treatment is begun, the more brain tissue can potentially be saved
- Covid-19 can increase risk of stroke. Trinity Health's Emergency Departments and Hospitals continue to provide safe care environments even during Covid. If you think you may be having a stroke do not delay seeking emergency care...

BE FAST



(Balance, Eyes, Facial Droop, Arm Weakness, Speech, Time)

For More Information Visit:

American Stroke Association <https://www.stroke.org/>

American Heart Association <https://www.heart.org/>

Trinity Health of New England <https://www.trinityhealthofne.org/>

Family Caregiver Alliance <https://www.caregiver.org/stroke>

