

ACT FAST BY KNOWING THE...

WARNING SIGNS OF A STROKE

~ EVERY 40 SECONDS, SOMEONE HAS A STROKE.

~ A QUARTER OF STOKES OCCUR BEFORE AGE 65.

~ STROKES CAN CAUSE LONG-TERM DISABILITY, PARALYSIS, MEMORY LOSS, SPEECH DIFFICULTIES, AND A HEIGHTENED RISK OF SUICIDE.



NEW TREATMENTS CAN REDUCE THE RISK OF PERMANENT DAMAGE IF YOU KNOW HOW TO BE FAST.

B DO THEY HAVE LOSS OF BALANCE?

E DO THEY HAVE BLURRED OR LOSS OF VISION IN 1 OR BOTH EYES?

F DOES THEIR FACE DROOP WHEN SMILING?

A DOES THEIR ARM DRIFT WHEN RAISED?

S DO THEY HAVE SLURRED SPEECH?

T IT'S TIME TO CALL 911 IMMEDIATELY IF YOU NOTICE ANY OF THESE SYMPTOMS.



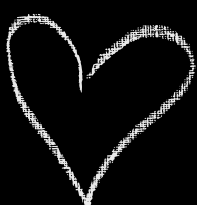
⊗ RISK FACTORS

- OBESITY
- DIABETES
- HEART DISEASE
- HYPERTENSION
- HIGH CHOLESTEROL
- PHYSICAL INACTIVITY
- UNHEALTHY DIET

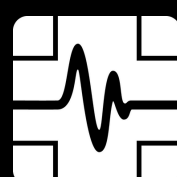


☑ PREVENTION

- MANAGE DIABETES, HEART DISEASE OR HIGH CHOLESTEROL
- CONTROL YOUR BLOOD PRESSURE
- LIMIT ALCOHOL
- DON'T SMOKE
- EAT A HEALTHY DIET
- EXERCISE REGULARLY
- MANAGE YOUR WEIGHT



STOP STROKES BEFORE THEY HAPPEN.
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