Stoke is an emergency – be \textit{FAST}

Reduce your risk of stroke by adopting these preventive measures:

- Control high blood pressure
- Quit smoking
- Exercise at least 30 minutes a day
- Lower cholesterol levels
- Eat five or more fruits and vegetables each day
- Manage diabetes
- Treat irregular heartbeat or atrial fibrillation

\textbf{BEFAST}

- \textbf{B}alance
- \textbf{E}yes
- \textbf{F}acial droop
- \textbf{A}rm numbness
- \textbf{S}lurred speech
- \textbf{T}ime

To learn more visit: \url{wexnermedical.osu.edu/stroke}