

STROKE IS AN EMERGENCY – BE **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

Manage diabetes



Eat five or more fruits and vegetables each day



Treat irregular heartbeat or atrial fibrillation



BALANCE



EYES



FACIAL DROOP



ARM NUMBNESS



SLURRED SPEECH



TIME

To learn more visit: wexnermedical.osu.edu/stroke



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER