

# B E F A S T

## Know the signs of stroke

### Balance

Sudden loss of balance.

### Eyes

Sudden loss of vision in one or both eyes.

### Face

Does the face look uneven?

### Arms

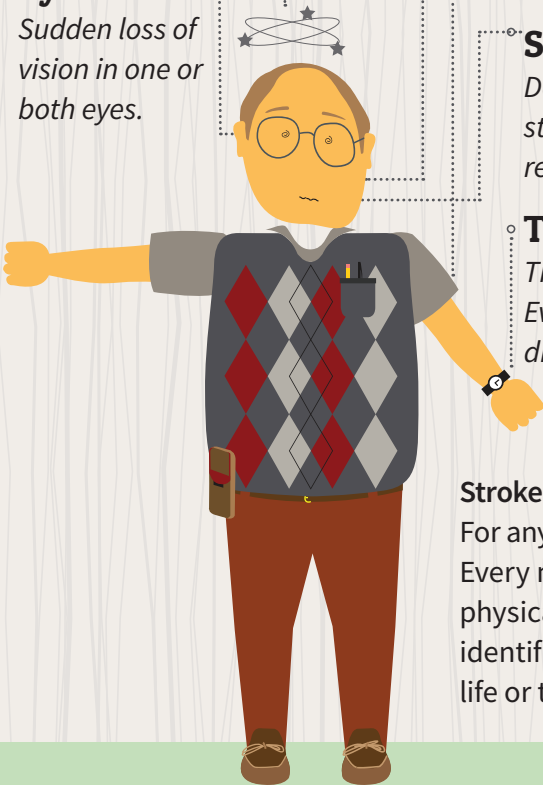
Does one arm drift down?  
Ask them to raise both arms.

### Speech

Does their speech sound strange? Ask them to repeat a phrase.

### Time

Time is brain.  
Every second, brain cells die during a stroke.



**Stroke is a medical emergency.**  
For any sign of stroke **CALL 911!**  
Every minute counts. Learn the physical symptoms to swiftly identify stroke and save your life or the lives of loved ones.

Learn about the Stanford Health Care  
– ValleyCare Stroke Center at  
[valleycare.com/stroke](http://valleycare.com/stroke)



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## PREVENTING ANOTHER STROKE

It is important to understand your health risks so you and your care team can take steps to lower the chance of another stroke.

Health risks you can change are called modifiable risk factors. These are often related to the way a person lives. Work with your health care team to make changes that will reduce the risk of another stroke.

### Modifiable Risk Factors Include:

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Heart disease
- Irregular heart rhythm
- Limited exercise or physical activity
- Drinking alcohol
- Eating unhealthy food
- Carotid artery stenosis
- Sleep apnea
- Hormone replacement therapy

The other type of risk factor is a non-modifiable risk factor, which cannot be changed.

### Non-Modifiable Risk Factors Include:

- Age
- Sex
- Family history

