

May is American Stroke Month

Did You Know?

- Stroke is Maine's third leading cause of death.
- Stroke is Maine's leading cause of disability.
- Only 18% of Maine residents can identify all stroke symptoms and the need to call 911.

Warning Signs of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Any of these symptoms is a reason to call 911 immediately.

Ways to Lower Your Risk of Stroke

- Scheduling regular screenings to detect and control high blood pressure
- Eliminating smoking and exposure to secondhand smoke
- Lowering total cholesterol to acceptable levels
- Losing weight, which can lower blood pressure
- Being physically active (moderate-intensity) for at least 30 minutes a day

To learn more

- Visit the American Stroke Association at StrokeAssociation.org
- Visit the Maine CDC Cardiovascular Health Program at www.healthymainepartnerships.org
- Call 1-888-4STROKE