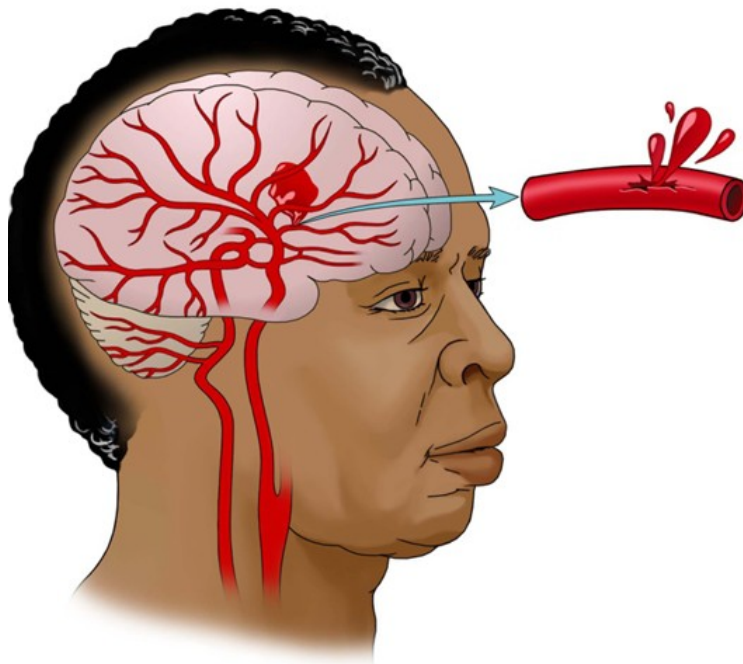


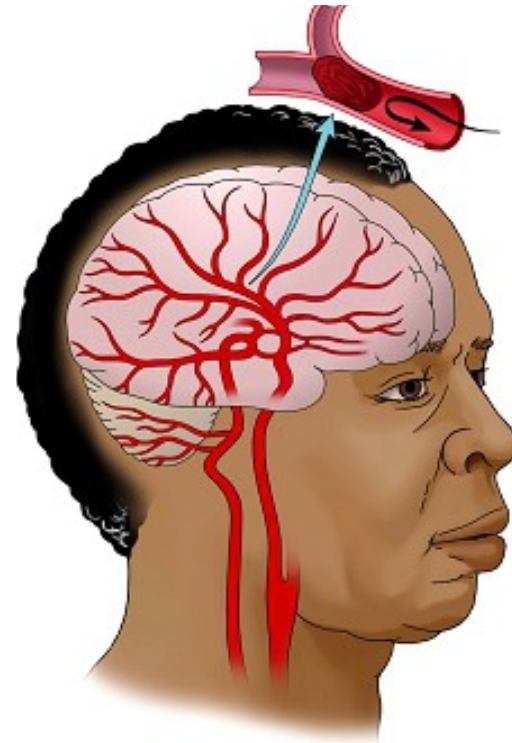
What is a stroke?

Think of your plumbing



**Vessel Rupture or
Bursting of a Pipe**

vs.

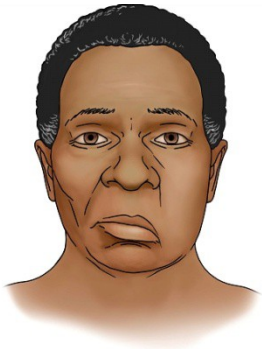


**Vessel Blockage or
Clogging of a Pipe**

What are the symptoms/warning signs of

stroke?

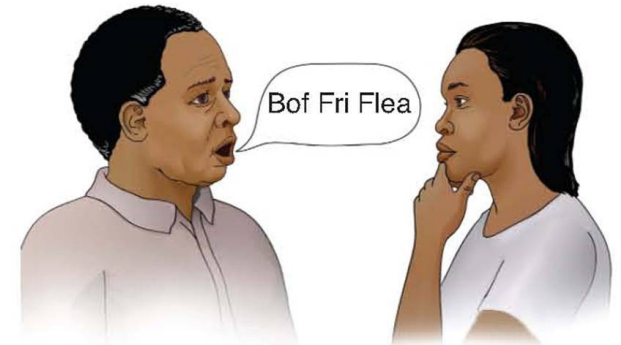
You may experience 1 or any combination of the following:



Sudden weakness or numbness



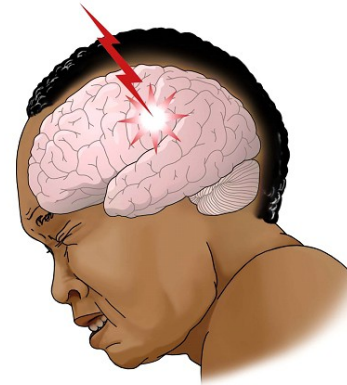
Sudden loss of vision



Sudden trouble speaking or understanding



Sudden loss of balance



Sudden severe headache

Things You Should Know

- Why you should call 911: stroke is an emergency
 - Ambulances and fire trucks have Emergency Medical Personnel trained specifically in stroke
 - Calling an ambulance ensures that you start receiving treatment right away (faster than driving on your own)
 - The long term costs of not getting the right care immediately are far greater than the cost of an ambulance



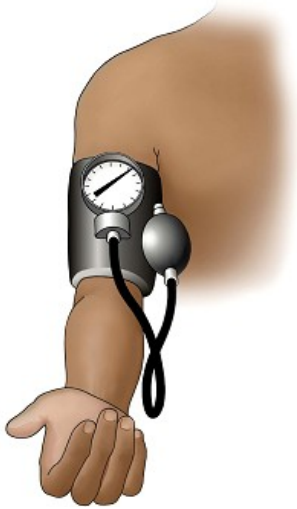
Stroke is an emergency!
Stroke is treatable



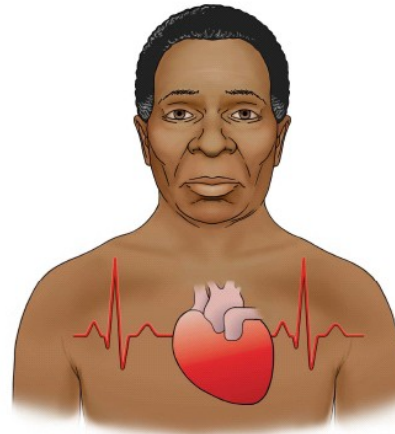
**It's not too late. Call
911**

Stroke Risk Factors

Hypertension



Heart Disease



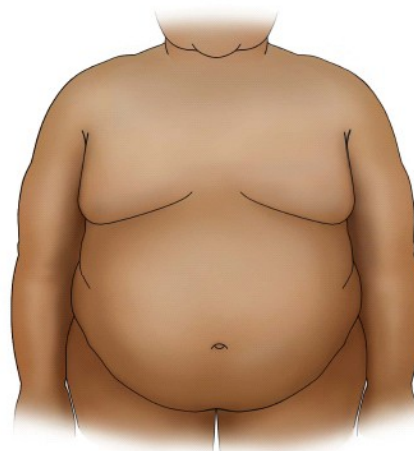
High Cholesterol

| Nutrition Facts | |
|--|----------------------------|
| Serving Size 1/2 cup (114g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 120 |
| % Daily Value* | |
| Cholesterol 300mg | 100% |
| Sodium 660mg | 28% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vitamin C 2% |
| Calcium 15% | Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 • Protein 4 |

High Cholesterol



Diabetes Mellitus



Obesity



Cigarette Smoking