

# Stroke tips

## Know the signs



### Think "FAST"

**F** - face drooping or numbness

**A** - arm weakness or numbness  
or

**S** - speech difficulty, especially  
slurred speech

**T** - time to call 9-1-1

### Other symptoms

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

**Call 9-1-1 *immediately* if you have any stroke symptom.** Rapid response is key to successful treatment.

# Stroke tips

## **Controllable risk factors**

- High blood pressure (above 120/80 mm/Hg)
- Atrial fibrillation – a rapid or irregular heart beat
- High cholesterol (above 200 mg/dL)
- Diabetes
- Tobacco use
- Physical inactivity
- Obesity (BMI above 30)

## **Additional risks for women**

- Certain types of birth control pills
- Pregnancy
- Use of hormone replacement therapy
- Migraine headaches

**If you have any of these risk factors, talk with your health-care provider about stroke prevention.**

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**HEALTH SYSTEM**

Women's Cardiovascular  
Medicine Program

[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)