

Stroke Warning Signs

Stroke occurs when a blood vessel bringing blood and oxygen to the brain gets blocked and ruptures. When this happens, brain cells don't get the blood and oxygen that they need to survive. This causes nerve cells to stop working and die within minutes. Then, the part of the body they control can't function either. The effects of stroke may be permanent depending on how many cells are lost and where they are in the brain.

The Five Major Warning Signs of Stroke are:

Numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body.

Is the person's face drooping on one side? When sudden numbness or weakness of the face occurs, this is a warning sign of a stroke. This can show up in something like an

uneven smile. Ask the person to raise his or her arms. If the person isn't able to move a limb, this is because it suddenly has gone weak and numb. These changes usually involve either one side of the body or the other. It's uncommon to have a stroke that affects both arms at the same time. The reason this happens is that the left side of the brain controls the right side of the

body, and the right side of the brain controls the left side of the body. Therefore, a stroke in the left side of the brain translates into right-sided weakness and numbness.



Confusion or trouble speaking

Slurred speech is one of the easiest-to-recognize signs of stroke. Do a simple test: make the person repeat a distinctive phrase. “A cat with gloves also catches no mice” works for this. Listen for slurred speech. Does the person say the words wrong? Sudden confused or slurred speech is one of the more common signs of stroke. In fact, if something like this happens, there is an 80% chance the individual is experiencing a stroke. Trouble seeing with one or both eyes

Trouble walking, dizziness, or loss of balance or coordination

Fatigue and confusion can also have difficulty standing and walking. You feel this way because of the blocked or reduced blood supply to your brain a stroke causes.

Sudden Loss of Vision

Typically, what happens in a stroke is that you lose one-half (or one-quarter) of your visual field; you don't go entirely blind. When looking straight ahead, you can't see past midline in one direction. In other words, you lose some peripheral vision in both eyes. So, if you or someone else experiences trouble seeing, with partial loss of the field of vision, this can be a sign of a stroke.

A Severe Headache

People who experience painful headaches might be at higher risk of strokes and heart disease. A sudden, severe headache that comes out of nowhere with no clear cause can be a sign of stroke. Other causes to rule out include stress, anxiety and work exhaustion, of course. If none of those applies, then it's time to consider the possibility of a stroke. This happens mostly with the hemorrhagic type of



stroke when a blood vessel in the brain ruptures and bleeds. This then causes brain cell death. The pain of this kind of a headache is extreme. In addition to the pain, some people also vomit. Headaches also occur with the ischemic-type of stroke, though this is less common.

Use the B.E.F.A.S.T Test for recognizing and responding to stroke symptoms:

B= Balance. E=Eyes F=Face A=Arms S=Speech T=Time

Does the person have sudden loss of balance?







Has the person experienced a loss of vision in one or both eyes?

Ask the person to smile. Does one side of the face droop?

Ask the person to raise both arms. Does one arm drift downward?

Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

If you observe any of these signs, its time to cal 9-1-1 or get to the nearest stroke center or hospital.

B	E	F	A	S	T
Balance	Eyes	Face	Arms	Speech	Time
					
B is for Balance: Does the person have a sudden loss of balance?	E is for Eye: Has the person lost vision in one or both eyes?	F is for Face: Does the person's face look uneven?	A is for Arm: Is one arm hanging down?	S is for Speech: Is the person's speech slurred? Does the person have trouble speaking or seem confused?	T is for Time: Call 911 now!