

When seconds count, shouldn't you B.E. F.A.S.T.?

A stroke occurs when a vessel in the brain is blocked by a clot or bursts. During a stroke, bloodflow is cut off to the brain, brain tissue is starved for oxygen and parts of the brain die. Nearly **2 million brain cells die each minute a stroke goes untreated**, increasing risk of permanent brain damage, disability or death.

A stroke is an emergency. When every second counts, make sure you can recognize the signs of stroke with: B.E. F.A.S.T.



Balance Lost
Sudden loss of balance or coordination



Eyes Blur
Sudden trouble seeing or blurred vision in one or both eyes



Facial Drooping
One side of the face droops or is numb



Arm Weakness
Sudden weakness or numbness of an arm or leg, especially on one side of the body



Speech Difficulty
Sudden confusion, trouble speaking or understanding speech



Time to Call 911
Call 911 immediately (note the time the symptoms started)



- over -

Stroke Risk Scorecard

Review the stroke risk factors. Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the risk scorecard results outlined below.

RISK FACTORS*	RISK LEVELS		
	HIGHER RISK	CAUTION	LOWER RISK
Blood pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120–139/80–89	<input type="checkbox"/> <120/80
Atrial fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200–239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Physical Activity	<input type="checkbox"/> None	<input type="checkbox"/> 1 - 2 times a week	<input type="checkbox"/> 3 - 4 times a week
Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly Overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
TOTAL SCORE	TOTAL _____	TOTAL _____	TOTAL _____

Risk Scorecard Results

- **High Risk ≥ 3 :** Talk to your health care provider immediately and ask about a stroke prevention plan. Make an appointment today.
- **Caution 4-6:** You have several risks that if elevated will place you at a higher risk for stroke. Take control now and work towards reducing your risk.
- **Low Risk 6-8:** You're doing well at controlling stroke risk! Continue to stay informed about your numbers.

People with atrial fibrillation have more than five times the risk of stroke. So no matter your score, if you have been diagnosed with atrial fibrillation, it's important to monitor your risks with your doctor.

*Information adapted from the National Stroke Association.



Long Beach Medical Center is a Certified Comprehensive Stroke Center

While several area hospitals are equipped to treat strokes, the Comprehensive Stroke Center at Long Beach Medical Center offers the highest level of care to quickly assess and treat patients suffering from a stroke – making each minute count.