

Education Checklist

1. Know the signs & symptoms of stroke. Think B.E.F.A.S.T.*

- **B: Balance-** Sudden loss of balance, staggering gait, severe vertigo
- **E: Eyes-** Sudden loss of vision in one or both eyes, onset of double vision
- **F: Face-** Uneven or drooping face, drooling, ask the person to smile
- **A: Arm/Leg-** Sudden loss of strength or sensation in an arm and/or leg especially on one side of the body
- **S: Speech-** Sudden confusion, slurring of speech, difficulty saying words or understanding what is being said
- **T: Terrible Headache/Time-** Sudden severe headache. Time to call 911 immediately. Note the time when symptoms started.

2. Call 911 immediately for any signs or symptoms of stroke

3. Know your personal risk factors**

- High Blood Pressure
- Smoking
- Diabetes
- High Cholesterol
- Physical inactivity and obesity
- Atrial fibrillation (A Fib) or other heart disease
- Carotid or other artery disease
- Certain blood disorders
- Excessive alcohol intake
- Illegal drug use
- Sleep Apnea
- Previous transient ischemic attacks (TIAs) and/or Stroke

4. Know your medications

- Your nurse and/or doctor will review your medications with you.

5. Follow up with your primary care provider after discharge

For any questions, please contact:

Angie West, RN, Neuro/Stroke Program Director at (562)933-4006

Meghan Tolentino NP-C/Stroke Program Nurse Practitioner (562) 933-4025