



American Heart Association | American Stroke Association

**POWER TO END STROKE<sup>SM</sup>**

*You are the Power*

# Stroke

**#1 cause of disability**

**#3 cause of death for Americans**

**You could be at risk.**

Learn the signs of stroke and call **911** to save lives.

## Know the Signs of Stroke:

- ◆ Sudden numbness or weakness of the face, arm or leg
- ◆ Sudden problems speaking
- ◆ Sudden vision problems
- ◆ Sudden loss of balance
- ◆ Sudden, severe headache

**Start Today**

**Take 2 steps toward better health:**

**Step 1: Know your family health history**

**Step 2: Talk with family and friends**

## How do I reduce my risk of having a stroke?

- ♥ Eat more fruits and vegetables
- ♥ Get 30-90 minutes of physical activity most days
- ♥ Keep weight under control
- ♥ Do not smoke
- ♥ Know and manage your blood pressure, cholesterol, and sugar levels



For more information visit:

[www.PowerToEndStroke.org](http://www.PowerToEndStroke.org)  
or call 916-446-6505

[www.HealthEdCouncil.org](http://www.HealthEdCouncil.org)  
or call 916-556-3344

**You have the Power to End Stroke!**



HEALTH  
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