



# RAPID STROKE CARE MAY REDUCE THE RISK OF BRAIN DAMAGE

## ○ What Happens During a Stroke

If something happens to interrupt the flow of blood, brain cells start to die within minutes because they can't get oxygen. This is called a stroke. Sudden bleeding in the brain also can cause a stroke if it damages brain cells. A stroke can cause lasting brain damage, long-term disability, or even death.

If brain cells die or are damaged because of a stroke, symptoms of that damage start to show in the parts of the body controlled by those brain cells.

## ○ About Stroke

To understand stroke, it helps to understand something about the brain. The brain controls our movements; stores our memories; and is the source of our thoughts, emotions, and language. The brain also controls many functions of the body, like breathing and digestion. To work properly, your brain needs oxygen. Although your brain makes up only 2% of your body weight, it uses 20% of the oxygen you breathe. Your arteries deliver oxygen-rich blood to all parts of your brain.

## ○ Stroke Signs and Symptoms

During a stroke, every minute counts! Fast treatment can reduce the brain damage that a stroke can cause. By knowing the signs and symptoms of a stroke, you can be prepared to take quick action and perhaps save a life - maybe even your own.

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

Once a patient experiences a stroke, they must be admitted into the hospital urgently for assessment. Upon admission they will be assessed to determine if they qualify for clot dissolving medication. This treatment can prevent serious disability after a stroke. The drug increases the chance that a stroke patient will be able to regain normal functions.

Call the **Rapid Stroke Care Team** at St. Augustine Private Hospital for more information on how to best handle a stroke.

**If you think someone may be having a stroke, act F.A.S.T.**

**F**



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

**A**



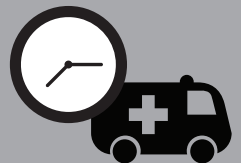
**Arms:** Ask the person to raise both arms.  
Does one arm drift downward?

**S**



**Speech:** Ask the person to repeat a simple phrase.  
Is their speech slurred or strange?

**T**



**Time:** If you observe any of these signs, call St. Augustine Private Hospital immediately!



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