

# Spot a stroke. Save a life.

**B**



Loss of balance,  
headache, or  
vertigo

**E**



Loss of vision to  
one eye or double  
vision

**F**



One side of the  
face is drooping

**A**



Arm or leg is  
drifting downward

**S**



Speech difficulty  
(abnormal, slurred,  
garbled, or cannot  
speak)

**T**



Time to call 911

[Stroke.mwhc.com](http://Stroke.mwhc.com)

**Stroke  
Smart**

**STAFFORD**  
*Virginia*

# Stroke Risk Factors



High blood pressure



Smoking



Diabetes



Lack of exercise



Atrial fibrillation



High cholesterol



Poor diet



Family history of stroke

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