



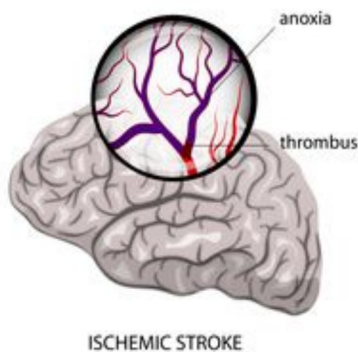
Stroke attacks a person every 10 minutes

What is a Stroke?

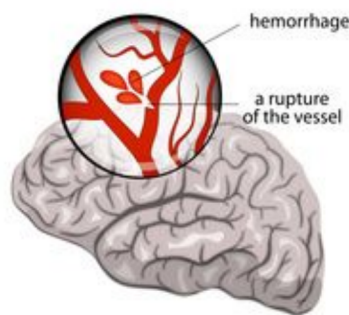
Stroke is a disease that affects the arteries leading to and within the brain

ISCHEMIC AND HEMORRHAGIC STROKE

Occurs when an artery is blocked by a blood clot or plaque



ISCHEMIC STROKE



HEMORRHAGIC STROKE

Occurs when a blood vessel in the brain ruptures, leaking blood into the brain

Adopt these prevention measures to protect yourself against stroke



Treat irregular heart rhythm



Exercise



Maintain a healthy weight



Control your Blood Pressure



Eat a balanced diet



Quit Smoking



Control your diabetes



Drink alcohol in moderation

Stroke is a medical emergency. Do not hesitate. Call 9-1-1 even during the COVID-19 pandemic.

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.