



## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

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## Do you know the signs of a stroke?

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

### What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

### Remember: FAST.

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping
- Arms: Can you raise both?

- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca)