

# BEFAST

## Know the signs of stroke

**Stroke is a medical emergency.** For any sign of stroke, **CALL 911!**

Every minute counts. Learn the physical symptoms to swiftly identify stroke and save your life or the lives of loved ones.

### Balance

Sudden loss of balance.

### Eyes

Sudden loss of vision in one or both eyes.

### Face

Does the face look uneven?

### Arms

Does one arm drift down?  
Ask them to raise both arms.

### Speech

Does their speech sound strange? Ask them to repeat a phrase.

### Time

Time is brain.  
Every second, brain cells die during a stroke.



Learn about the Stanford Health Care  
Stroke Center at [stanfordhealthcare.org/stroke](https://stanfordhealthcare.org/stroke)



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# Preventing Another Stroke

It is important to understand your health risks so you and your care team can take steps to lower the chance of another stroke.

Health risks you can change are called modifiable risk factors. These are often related to the way a person lives. Work with your health care team to make changes that will reduce the risk of another stroke.

## Modifiable Risk Factors Include:

- Carotid artery stenosis
- Diabetes
- Drinking alcohol
- Eating unhealthy food
- Heart disease
- High blood pressure
- High cholesterol
- Hormone replacement therapy
- Limited exercise or physical activity
- Sleep apnea
- Smoking Irregular heart rhythm

The other type of risk factor is a non-modifiable risk factor, which cannot be changed.

## Non-Modifiable Risk Factors Include:

- Age
- Sex
- Family history

