

# Know the sudden signs of stroke:

**F** **Face droops on one side**  
Does one side of the face droop?  
Is it numb? Ask the person to smile.  
Is the smile uneven?

**A** **Arm weakness**  
Is one arm weak or numb?  
Ask the person to raise both arms.  
Does one arm drift?

**S** **Speech difficulty**  
Is speech slurred? Ask the person to repeat a simple sentence, like "The sky is blue." Are any of the words wrong or hard to understand?

**T** **Time to call 9-1-1**  
If someone shows any of these signs, call 9-1-1 right away. Check the time so you know when the symptoms first appeared.

**Call 9-1-1** even if the symptoms go away. A Transient Ischemic Attack (TIA) is a warning sign for a stroke with brief symptoms. Immediate treatment is needed, because a major stroke could be next.



**for North Dakota**  
**FAST Access to Stroke Care**

The Stroke System of Care for North Dakota is a network of healthcare facilities, medical professionals, emergency care providers, educators, and organizations committed to working together to improve stroke outcomes across North Dakota.

The Stroke System of Care Task Force facilitates the designation of three levels of stroke capability for healthcare facilities within the Stroke System of Care for North Dakota. Designations are made based on a facility's ability to provide stroke care to patients.

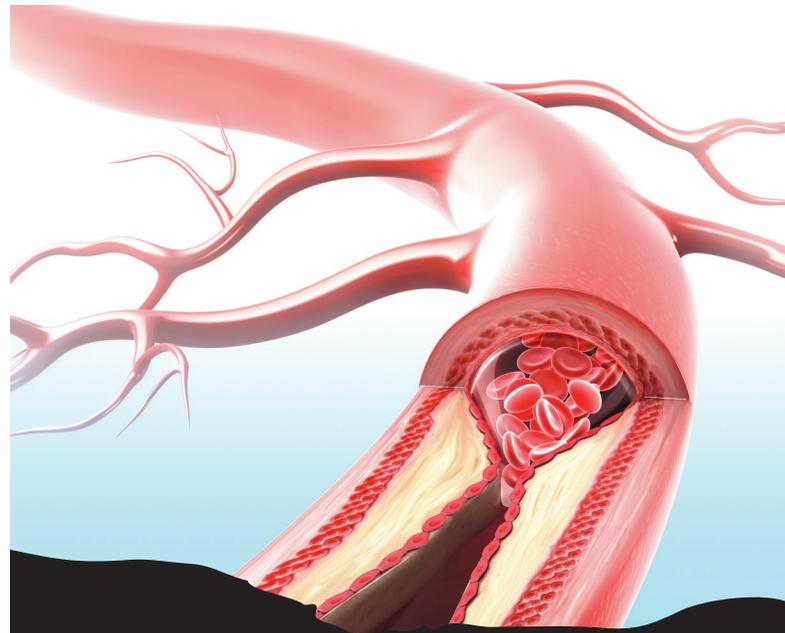
The Stroke System of Care for North Dakota is designed to improve stroke recovery and prevent long-term disability by reducing delays in treatment. It offers stroke patients the best option for accessing treatment quickly and limiting the effects of stroke.

**For more information go to:**  
[ndhealth.gov/heartstroke](http://ndhealth.gov/heartstroke)  
[facebook.com/NDDEMST](https://facebook.com/NDDEMST)

# STROKE Changes Lives

**Know the Signs of Stroke  
and Act FAST when it strikes**





## What is a Stroke?

Stroke is the interruption or severe reduction of blood flow to certain parts of the brain.

Brain cells require a constant supply of oxygen and without that supply brain cells begin to die. Every minute a stroke goes untreated, 1.9 million brain cells die.

**The two types of stroke are determined by the way blood flow is disrupted:**

- An ischemic stroke is caused by a blood clot. About 87 percent of strokes are ischemic.
- A hemorrhagic stroke is caused when a tear in an arterial wall causes a bleed in the brain. Hemorrhagic strokes are less common, but more often deadly.

**Stroke is the leading cause of disability in adults.**

## Take Charge of Your Life

**Know the risk factors:**

- High blood pressure
- Atrial fibrillation
- Smoking
- High cholesterol
- Family history of stroke
- Diabetes
- Age



## Prevention is Key

**Did you know that eight out of ten strokes can be prevented?**

**Stroke is the most preventable of all debilitating health events.**

**You can take action today to help prevent a stroke:**

- Eat a diet rich in fruits and vegetables.
- Limit your intake of saturated fats, sodium, and alcohol.
- Be active every day.  
*Even walking for 30 minutes a day can help lower your risk of stroke.*