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# Warning Signs of a Stroke

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## GENERAL INFORMATION

A stroke is caused when the brain does not get enough blood. The stroke may be mild or severe and may last for a short time or be permanent. What the stroke does to the body depends on the size of the area and the place in the brain where the nerve cells die. A stroke can affect your movements, speaking, sight, reading, and ability to understand others.

Any of the following factors can increase the risk of a stroke:

- High blood pressure,
- High blood cholesterol,
- Heart disease,
- Diabetes,
- Cigarette smoking,
- Overweight,
- Relatives who have had strokes.

## WARNING SIGNS

“Little strokes” may be warnings of a big stroke. Only a small area of the brain is involved. These

“little strokes” may last only a few minutes or a couple of hours. They can have the same signs as a mild stroke.

Learn the warning signs of a stroke:

- Sudden weakness or numbness of the face, arm, or leg.
- Trouble with moving arms and legs, walking.
- Dizziness, tripping, or falls.
- Trouble swallowing.
- Loss of bowel and bladder control.
- Trouble talking or trouble understanding someone talking.
- Sudden change, loss or darkening of vision; you see double for a while.
- Sudden headaches for no reason; your headaches feel different.
- Change in your personality or ability to think.

*If you have one or more of these signs, someone should call an ambulance or take you to the emergency department right away. Your body may be telling you something.*

## OTHER INSTRUCTIONS

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