



## BHS Stroke Center

# Strokes

A stroke takes place when there is an interruption of or reduced blood supply to the brain, depriving brain tissue from oxygen and nutrients. When this occurs, brain cells can begin to die within minutes.

Most strokes are Ischemic strokes, which occur when the arteries become narrowed or blocked, often due to a blood clot. Some Ischemic strokes can be treated within the first 4.5 hours with tPA, a drug that works to dissolve the clot and improve blood flow, potentially improving the chances for recovery. A Hemorrhagic stroke takes place when a blood vessel in the brain leaks or ruptures.

Sometimes called a ministroke, a Transient Ischemic Attack (TIA), is a temporary reduction in blood supply to part of the brain. These may last for as little as five minutes, but result in stroke-like symptoms. A TIA, however, will not result in lasting tissue damage or symptoms.

High blood pressure is the number one risk factor for stroke. The best intervention to reduce risk of stroke is to have your blood pressure checked regularly and treated if elevated.

**Find a Doctor.** 

Call **833-602-CARE** (2273) today!

The BHS Care Center is here to help you find the care and provider you need.

# Stroke Symptoms

There are a number of symptoms of a stroke, most come on suddenly such as a severe headache or numbness in the face, arms, legs, or one side of the body. You can remember most signs with the phrase **BE FAST**.



## **B** Balance

Can the person walk without difficulty? Or have a loss of balance, dizziness, or coordination?

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## **E** Eyes

Does the person have sudden difficulty seeing in both or one of their eyes?

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## **F** Face

Is the person's smile uneven or lopsided?

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## **A** Arms

When lifting both arms, does one drift downward?

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## **S** Speech

Can the person repeat a sentence like "the sky is blue" without slurring their speech?

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## **T** Time

Time to call 9-1-1, get the person to the hospital immediately, even if the symptoms pass.