



Could Save Your Life!

For the African American community the risk for experiencing a STROKE is greater than the general population. Learning these stroke symptoms and knowing what to do when they occur could save your life or the life of someone else:

- **Sudden numbness or weakness of the face, arm or leg especially if it occurs on one side of the body.**
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking, dizziness, loss of balance or coordination.**
- **Sudden severe headache with no known cause.**

Taking the time to learn and remember these 3 simple steps could save a person's life:

- **S – SMILE! Ask the individual to smile.**
- **T –TALK! Ask the person to talk or speak a simple sentence coherently like “It is sunny out today.”**
- **R – RAISE! Ask the person to raise both arms together.**

If they fail any one of these 3 simple steps or show any of the symptoms above, then call 911. A neurologist says that if he can get to a stroke victim within 3 hours he can significantly reverse the effects of a stroke.

Once the stroke symptoms occur the clock starts ticking and your quick response could be the difference between life or death, permanent disability or significant recovery!