



Stroke

A stroke occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die.

Stroke symptoms include:

Sudden numbness or weakness of face, arm or leg especially on one side of the body, confusion, trouble speaking or understanding information, trouble seeing in one or both eyes, trouble walking, dizziness, loss of balance or coordination.

Call 9-1-1 immediately if you observe any of these symptoms.

You can help prevent stroke by making healthy lifestyle choices. Eating a healthy diet, maintaining a healthy weight, getting enough exercise, not smoking and limiting alcohol use.

May 2017 Stroke Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Important Appointment Dates:

Important Notes for my Doctor: