**A Plan For Senior Care’s Guide To**

**Stroke Warning Signs & Prevention**

Stroke is the fourth leading cause of deaths in America. The risk for stroke increases at age 55. A stroke happens when a blood vessel that connects to the brain is blocked (ischemic stroke) or bursts (hemorrhagic stroke). Learn the warning signs of a stroke and how to help protect your loved one.



**Warning Signs:**

* Weakness of the face, arm and leg
* Confusion, trouble speaking and understanding
* Blurry vision
* Dizziness, not able to walk, no coordination
* Sudden and severe headache

**How do you know if someone is having a stroke? Think… F.A.S.T.**

The National Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions:

Face - Check their face. Has their mouth drooped?

Arms - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

Time **- Is critical. If you see any of these signs call 911 to seek immediate help**

**Prevention:**

* Stop smoking
* Maintain a healthy blood pressure
* Eat a heart healthy diet. A good resource for diet guidelines is

[www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations\_UCM\_305855\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp)

* Be active and maintain a healthy weight
* Follow any directions from your doctor about medications

For more information on strokes visit [www.strokeassociation.org](http://www.strokeassociation.org) and [www.ocstroke.org](http://www.ocstroke.org) which offer support groups to survivors, caregivers, and family members.

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.***

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**