

**Reduce your risk of suffering a stroke . . .**

- Work with your doctor to get your blood pressure under control.
- Don't smoke.
- Be physically active for 30 minutes most days of the week.
- If you have diabetes or high cholesterol, follow your doctor's recommendations.
- Eat healthy. Limit fat intake and include 5 fruits and vegetables a day.

**Did you know?**

Stroke is the 3rd leading cause of death in Missouri and the United States.

Among all states, Missouri is ranked 18th highest in stroke mortality.

For more information contact:  
Missouri Department of Health & Senior Services' Heart Disease and Stroke Program at 1-800-316-0935 or visit us at: [www.dhss.mo.gov](http://www.dhss.mo.gov)



# STROKE

## Signs & Symptoms:

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion or 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.

**STROKE is an  
EMERGENCY!**

**Call 911 or the local  
emergency service.**

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