

Recognizing the Signs of Stroke

Time is Brain

Have you heard the saying “**Time is Brain**”? Have you considered what that phrase means?



It means that when a stroke occurs there is a rapid loss of neurons in the brain. In fact, the estimated loss in ischemic stroke is **1.9 million neurons for each minute** in which a stroke is untreated!

Therefore, “Time is Brain” is a rallying cry for everyone to recognize the signs of stroke and **act FAST**. Know these signs for yourself, family members, friends, co-workers. If you witness a stroke, remember to call **9-1-1**.



Recognize the Signs of Stroke

If you witness or experience any of the F.A.S.T signs of stroke, call 9-1-1. Do not drive to the hospital. An ambulance will take you to the best hospital for stroke care.

TIME IS BRAIN

 **FACE** - ask the person to smile, does one side of the face droop?

 **ARMS** - ask the person to raise both arms, does one arm drift downward?

 **SPEECH** - is the person's speech slurred?

 **TIME** - if any of these signs are present, call 9-1-1 right away



Video: Witnessing the FAST signs of stroke



Heart & Stroke FAST signs in a variety of languages