



Stroke Education Series

WHAT IS A STROKE?



A STROKE IS A BRAIN ATTACK

When it strikes, the flow of blood to the brain is blocked



Stroke is a leading cause of adult disability



5th leading cause of death in the U.S.

DID YOU KNOW?



EVERY 40 SECONDS

Someone has a stroke every 40 seconds in the U.S.



3 HOURS TO ER

People who get to the ER within 3 hours of first symptoms have less disability post-stroke.



35% UNDER 65

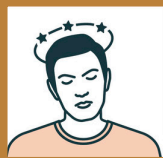
35% of people hospitalized for stroke are under 65.



1 IN 4 ARE REPEATS

Nearly 1 in 4 stroke patients have had a previous stroke.

RECOGNIZE SYMPTOMS: BE FAST



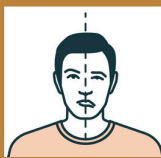
BALANCE

Loss of balance, headache or dizziness



EYES

Blurred vision



FACE

One side of the face is drooping



ARMS

Arm or leg weakness



SPEECH

Speech difficulty



TIME

Time to call for ambulance immediately

GET EDUCATED

PART 1: STROKE PREVENTION

Tuesday, February 4
10 a.m. to 12 p.m.

Washington Township Medical Foundation, Nakamura Clinic conference room, 33077 Alvarado-Niles Road, Union City

—OR—

Tuesday, May 12
10 a.m. to 12 p.m.

Washington Township Medical Foundation, Danielson Newark Clinic conference room, 6236 Thornton Ave., Newark

PART 2: LIFE AFTER A STROKE

Tuesday, February 11
10 a.m. to 12 p.m.

Washington Township Medical Foundation, Nakamura Clinic conference room, 33077 Alvarado-Niles Road, Union City

—OR—

Tuesday, May 19
10 a.m. to 12 p.m.

Washington Township Medical Foundation, Danielson Newark Clinic conference room, 6236 Thornton Ave., Newark

To register, visit www.whhs.com/events or call 800.963.7070.



For more details about Washington's Community Stroke Education Series, visit whhs.com/stroke or call 510.818.5080. Seminars are free and open to the public.