Every 40 seconds, someone in the U.S. has a stroke. A stroke happens when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. This interrupts blood flow, causing brain cells to die.

**Spotting a Stroke**

- Numbness or weakness in the face, arm or leg (especially on one side of the body)
- Trouble speaking or understanding others
- Difficulty seeing
- Trouble walking, dizziness and loss of balance or coordination
- Severe headache

If you notice any of the symptoms listed above, call 911 right away.

**Did You Know?**

- Treatment is most effective within 3 hours of the onset of symptoms.
- Stroke kills twice as many women as breast cancer does.
- An estimated 80% of strokes can be avoided by making healthy lifestyle choices.

**Preventing a Stroke**

- Get high blood pressure under control.
- Don’t smoke.
- Manage your diabetes, if you have it.
- Eat a healthy diet.
- Exercise regularly.

For more health and wellness tips, visit sutteremployer.org.