

Strokes need immediate treatment



call
911

You only have **three hours** after time of first signs to get effective treatment.
(Treatment within one hour is even more likely to be effective)

Signs that someone may be having a stroke include sudden:

- » Face, arm, or leg numbness or weakness—especially on one side
- » Speech slurred or difficulty speaking or understanding
- » Trouble seeing in one or both eyes
- » Severe headache
- » Trouble walking, dizziness, loss of balance or coordination

To help recognize if someone might be having a stroke, ask the person to:

- » **Smile** (Do they understand? Is the smile uneven?)
- » **Raise both arms** (Do they understand? Is it easy to hold both arms at the same level?)
- » **Tell you their name and the day of the week** (Do they understand? Is speech clear?)

Certified stroke treatment centers in the area are:

UPMC Presbyterian
Allegheny General Hospital
UPMC Mercy Hospital

UPMC Shadyside Hospital
Altoona Regional Health System
Butler Memorial Hospital

Hamot Medical Center (Erie)
St. Vincent Hospital (Erie)

Risk Factors for a Stroke

Stroke prevention is still the best medicine. The most important treatable conditions linked to stroke are:



- » **High blood pressure.** Treat it. Eat a balanced diet, maintain a healthy weight, and exercise to reduce blood pressure. Drugs are also available.
- » **Cigarette smoking.** Quit. Medical help is available to help quit.
- » **Heart disease.** Manage it. Your doctor can treat your heart disease and may prescribe medication to help prevent the formation of clots. If you are over 50, National Institute of Neurological Disorders and Stroke scientists believe you and your doctor should make a decision about aspirin therapy.
- » **Diabetes.** Control it. Treatment can delay complications that increase the risk of stroke.
- » **Transient ischemic attacks (TIAs).** Seek help. TIAs are small strokes that last only for a few minutes or hours. They should never be ignored and can be treated with drugs or surgery.