



Know Your Numbers

Every second counts.
Treatment within 30 minutes
improves outcome.

Time Is Brain

In the United States, about 800,000 people every year will have a stroke. Making healthy choices and managing your health conditions can help to lower your risk of stroke. If a stroke does occur, every minute counts. Learn the signs of stroke so you are prepared to act F.A.S.T. to get the lifesaving treatment you or a loved one may need.

Know the Signs of Stroke

FAST

Facial
drooping

Arm
weakness

Speech
difficulties

Time
to call
emergency
services

Reduce Your Risk of Stroke

- Eat a healthy diet low in sodium with plenty of fruits and vegetables.
- Maintain a healthy weight.
- Be physically active.
- Don't smoke, and avoid secondhand smoke.
- Limit alcohol use.
- Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.



NATIONAL
STROKE AWARENESS
MONTH
MAY

Talk to Our Pharmacists For More Information
Eagle River | Minocqua | Rhinelander | Tomahawk