

Stroke:

Think **FAST**, **BE-FAST**

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INSPECT-LB

Institut National de Santé Publique, d'Épidémiologie Clinique et de Toxicologie
National Institute of Public Health, Clinical Epidemiology, and Toxicology

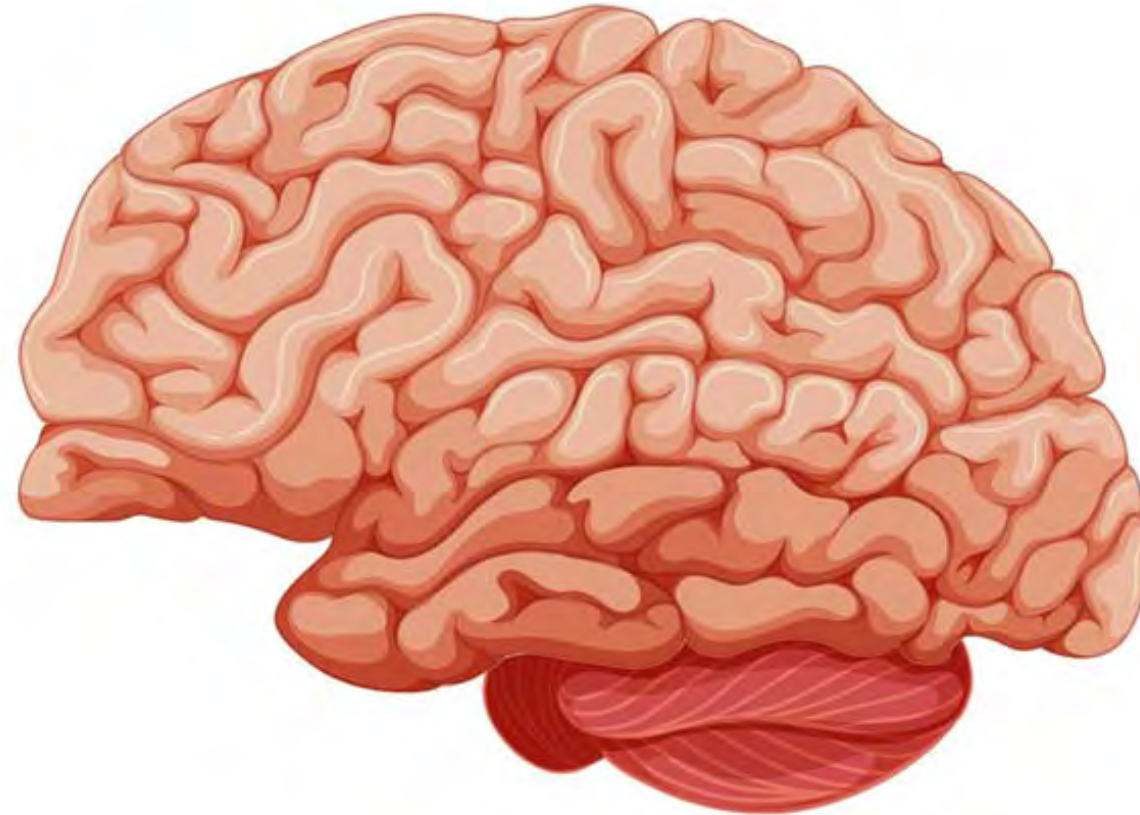
...and health research is easy

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<https://inspect-lb.org/wp-content/uploads/2022/01/Stroke.pdf>

Where Does Stroke Occur?



HUMAN BRAIN

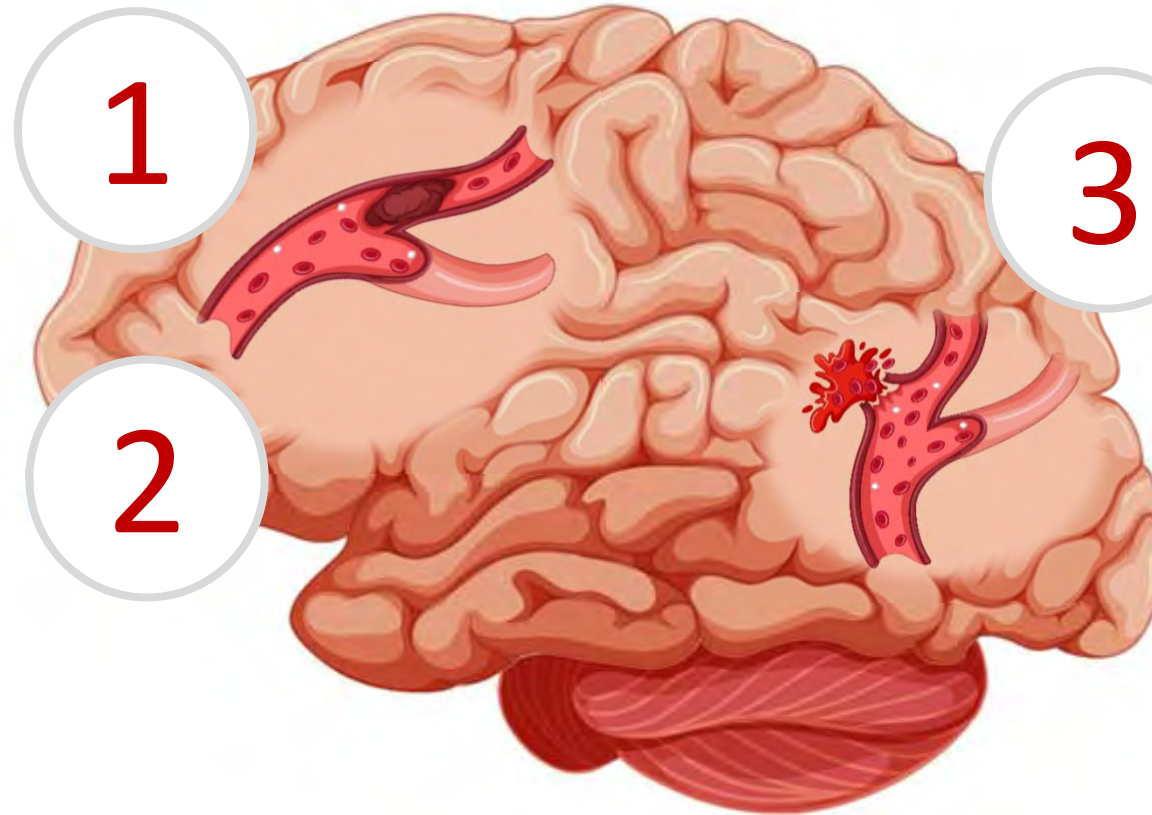
Three Types of Stroke

TRANSIENT ISCHEMIC ATTACK

CEREBRAL ARTERY
TEMPORARILY BLOCKED

ISCHEMIC STROKE

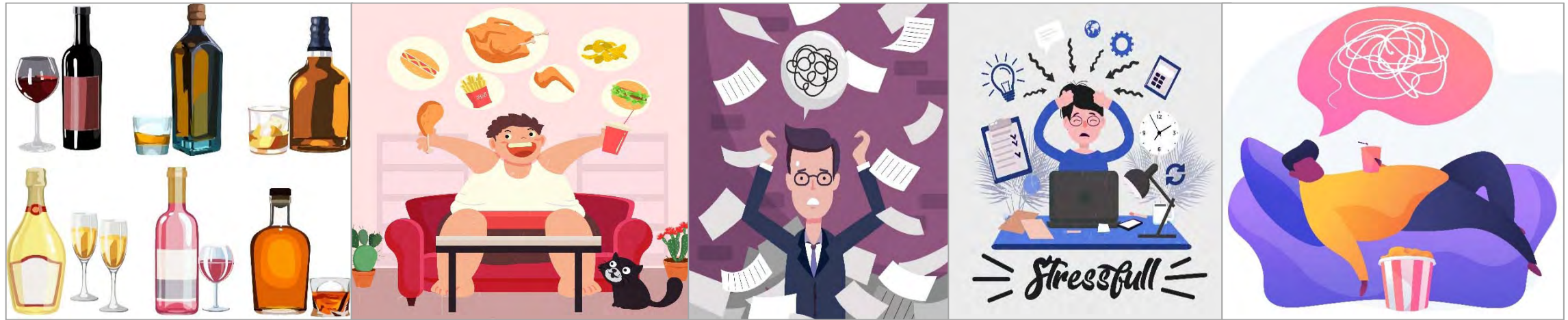
CEREBRAL ARTERY
COMPLETELY BLOCKED



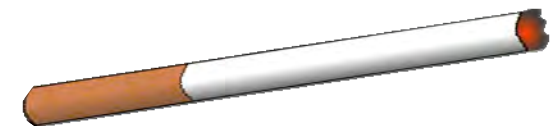
HEMORRHAGIC STROKE

CEREBRAL ARTERY
BLEED

Lifestyle Risk Factors for Stroke



LIFESTYLE



Medical Risk Factors for Stroke



Drug Abuse



Heart diseases



High blood pressure



Abnormal heart rhythm

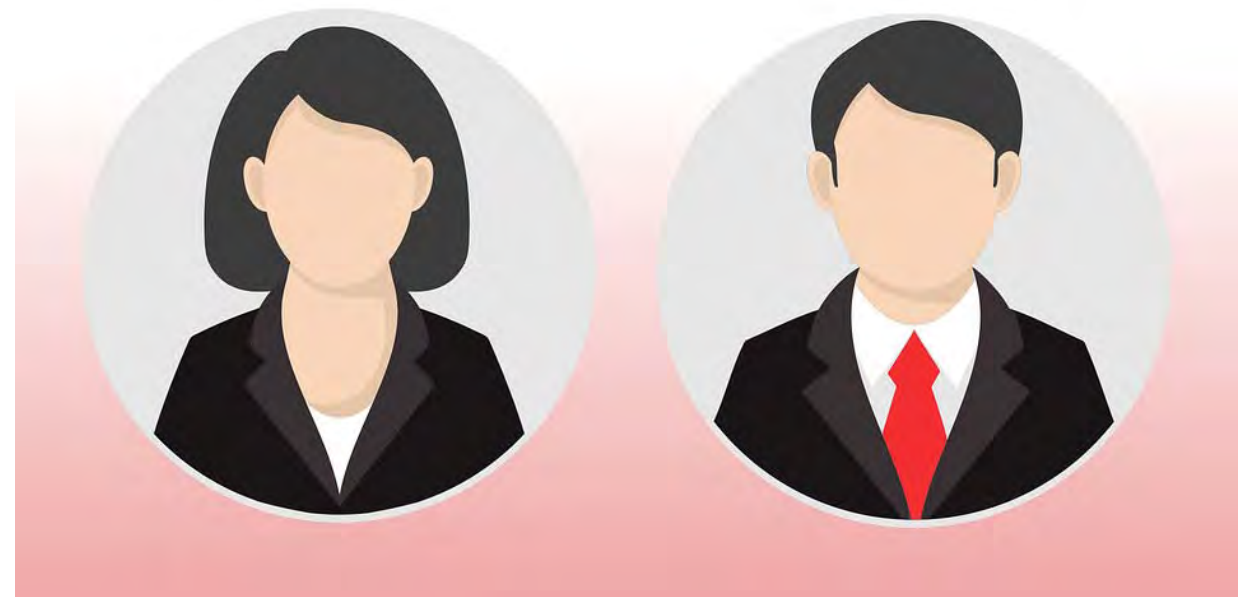


Diabetes Mellitus

DISEASES AND MEDICATIONS

Other Risk Factors

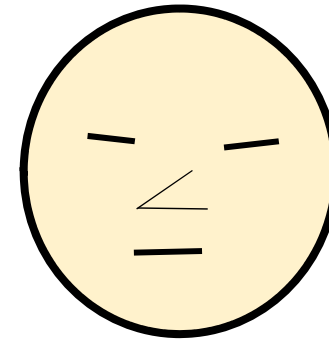
- **Age:** People aged 55 or older are at a higher risk of stroke than younger people.
- **Race:** African Americans are at a higher risk of stroke than people of other ethnicities.
- **Sex:** Men are at a higher risk of stroke than women. Women usually have strokes later in life and are more likely to die from it than men.
- **Hormones:** The use of estrogens (birth control pills or hormone therapy) increases the risk.



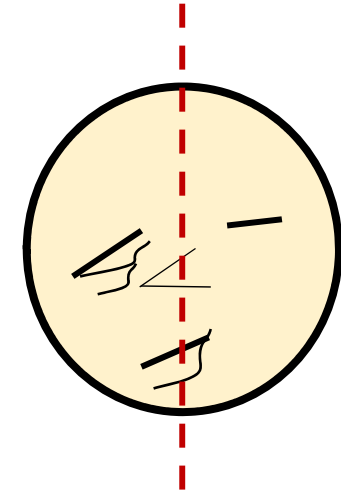
More stroke for men, more deadly for women

Alarming Signs of Stroke

- Problems seeing in one or both eyes
- Paralysis or numbness of the face



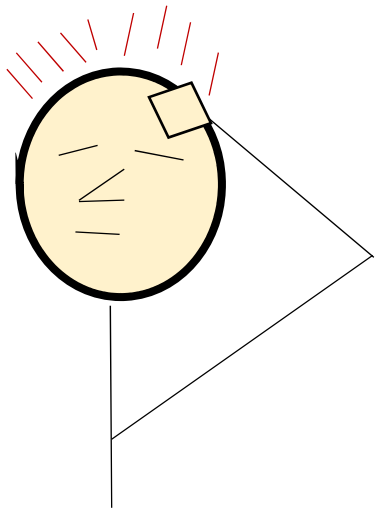
BEFORE STROKE



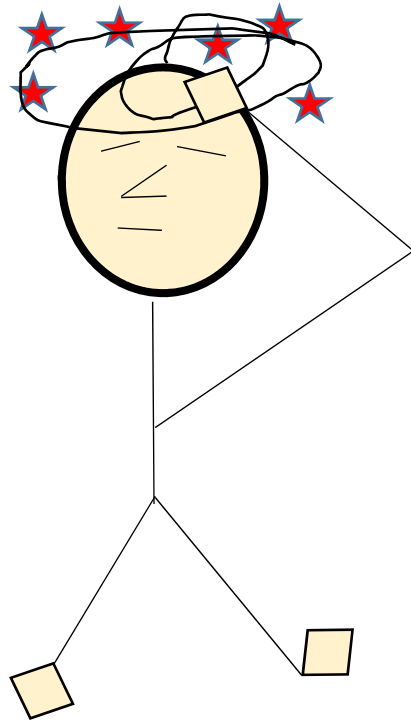
AFTER STROKE

Alarming Signs of Stroke

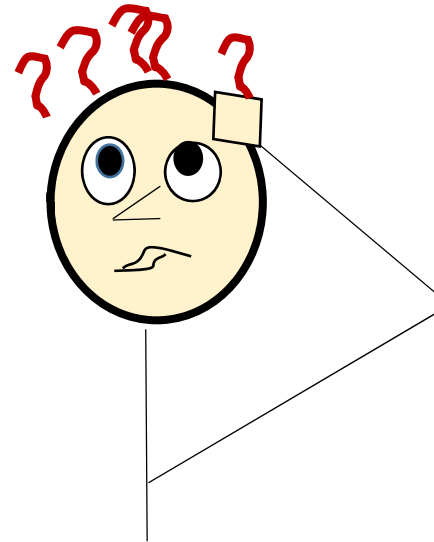
Headache



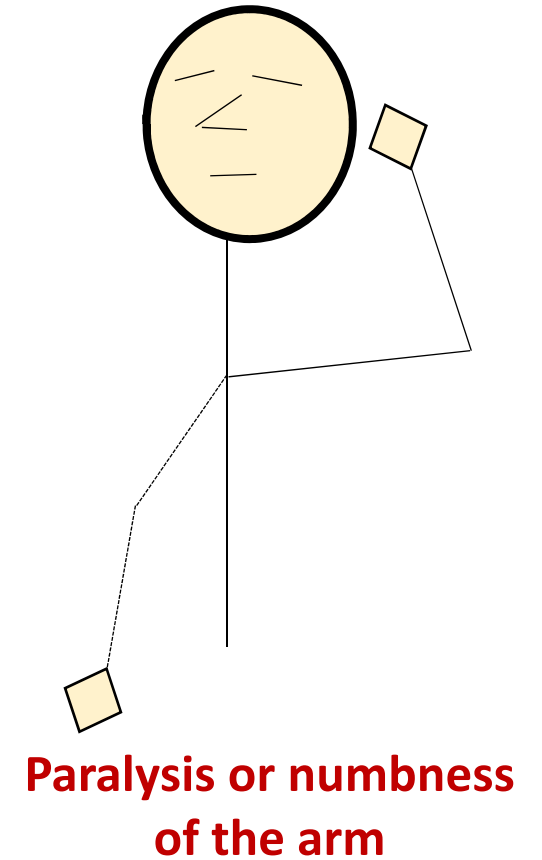
Dizziness



**Confusion
Trouble speaking**



**Paralysis or numbness
of the legs**



**Paralysis or numbness
of the arm**

Stroke: The BE-FAST Mnemonic

- B** Balance
- E** Eyes
- F** Face
- A** Arms
- S** Speech
- T** Time

Stroke Is a Medical Emergency: Think **FAST**

① FACE

- Ask the person to smile.
- Does one side of the face droop?

② ARMS

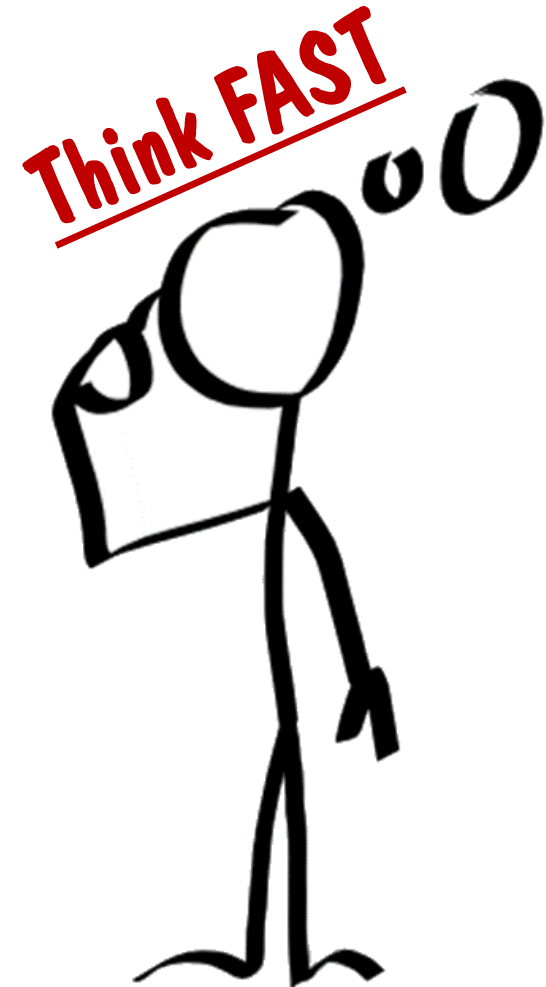
- Ask the person to raise both arms.
- Does one arm drift downward?
- Or is one arm unable to rise?

③ SPEECH

- Ask the person to repeat a simple phrase.
- Is his or her speech slurred or strange?

④ TIME

- Act fast



Stroke Is a Medical Emergency: Act **FAST**

TIME IS CRUCIAL



Act FAST



CALL IMMEDIATELY

Stroke Is Treatable

MEDICATIONS



REHABILITATION

Stroke Is Preventable

...and health research is easy



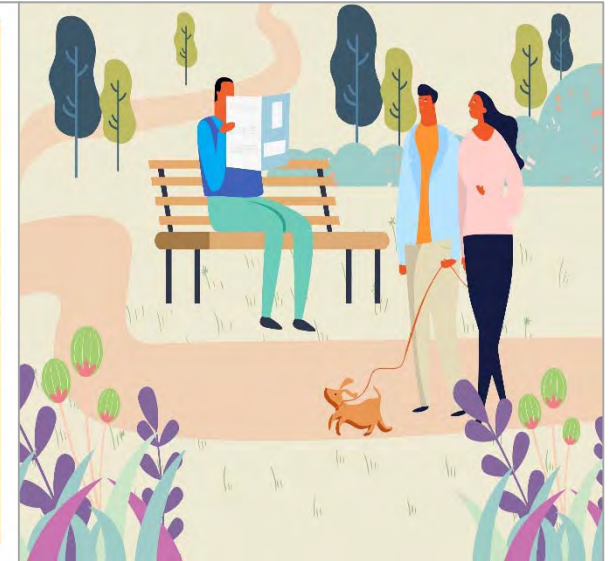
Exercise



Eat healthy food



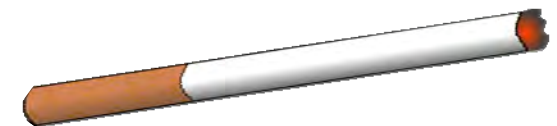
Relax



Change Lifestyle



LIFESTYLE



Take Medications on Time



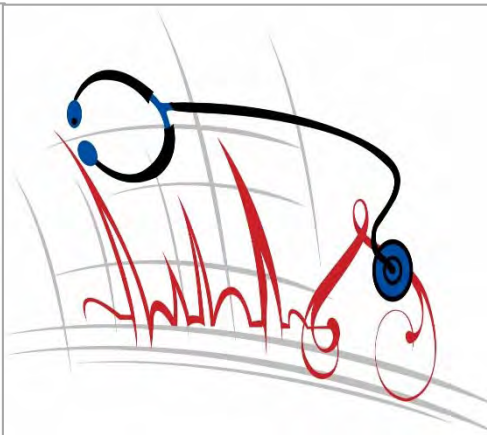
Drug Abuse



Heart diseases



High blood pressure



Abnormal heart rhythm



Diabetes Mellitus

FOLLOW UP WITH YOUR DOCTOR

References

- Coulter S. More strokes for men; more deadly for women. Texas Heart Institute. Accessed January 18, 2022. <https://www.texasheart.org/heart-health/womens-heart-health/straight-talk-newsletter/more-strokes-for-men-more-deadly-for-women/>
- Appelros P, Stegmayr B, Terént A. Sex differences in stroke epidemiology: a systematic review. Stroke. 2009;40(4):1082-1090. <https://doi.org/10.1161/STROKEAHA.108.540781>
- New Hope for Stroke Recovery. Johns Hopkins Medicine. Accessed January 18, 2022. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/stroke/new-hope-for-stroke-recovery>
- Aroor S, Singh R, Goldstein LB. BE-FAST (Balance, Eyes, Face, Arm, Speech, Time): Reducing the Proportion of Strokes Missed Using the FAST Mnemonic. Stroke. 2017;48(2):479-481. <https://doi.org/10.1161/STROKEAHA.116.015169>

Clipart and illustration resources

- <https://www.vecteezy.com/free-vector/ischemic-stroke>
- https://all-free-download.com/free-vector/download/alcohol-glasses-vector-illustration-with-full-and-empty_27237.html
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