

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Balance</b>	<b>Eyes</b>	<b>Face</b>	<b>Arms</b>	<b>Speech</b>	<b>Time</b>
					
<b>B is for Balance:</b> Does the person have a sudden loss of balance?	<b>E is for Eye:</b> Has the person lost vision in one or both eyes?	<b>F is for Face:</b> Does the person's face look uneven?	<b>A is for Arm:</b> Is one arm hanging down?	<b>S is for Speech:</b> Is the person's speech slurred? Does the person have trouble speaking or seem confused?	<b>T is for Time:</b> Call 911 now!

# Identify A Stroke

DE-STRESS FOR THE PRESENTS AND GET THE GIFT OF A STROKE-FREE FUTURE

## B-E—F-A-S-T at Identifying a Stroke.

Do you know what a stroke is and how to identify one? Knowing this can save you or a loved one in a time of need.

A Stroke, also known as a “brain attack” occurs when a damaged blood vessel limits the flow of blood to part of the brain. Getting

a diagnosis and treatment fast can prevent potentially devastating outcomes such as disability or death; therefore everyone should know the warning signs.

A simple way to remember the signs of stroke is with the easy to remember mnemonic “F-A-S-T” or the more detailed “B-E-F-A-S-T”. While F-A-S-T covers the most common signs (which account for about 75% of stroke patients, B-E-F-A-S-T also covers the less common symptoms:

But what do these mnemonics mean?

**Balance** – Are they off balance, do they have trouble walking?

**Eyes** – Are their eyes glazed over, do they have vision impairment?

**Face** – Does one side of the face droop, or is there numbness in one side? Asking the person to smile is a quick indicator for this symptom, check if the smile is lopsided.

**Arms** – Is there numbness or weakness in one arm? Ask the person to raise both arms, if one drifts downward it indicates a weakness in that side.

**Speech** – Is their speech slurred or confused? Ask the person to repeat a simple phrase like “The grass is green” Are they able to correctly repeat it?

**Time** – Time to call 9-1-1, if someone exhibits any of these symptoms it’s time to call 9-1-1; even if the symptoms go away. Take note of the time the symptoms started and indicate that you believe they are having a stroke when you call EMS. The person must get to a hospital immediately.

It is important not to brush off short lived symptoms, they may represent a mini-stroke, or Transient Ischemic attack (TIA).