

Rates in adolescents and young adults aged 15-49 have increased.

Probable causes: obesity, high blood pressure, diabetes

RISKS: Conditions, Behavior, Family History & other characteristics

List of Behaviors that Increase Risk:

- Unhealthy Diet
- Physical Inactivity
- Obesity
- Too Much Alcohol
- Tobacco Use

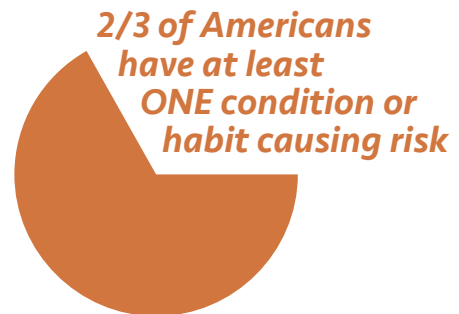
List of Conditions:

- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Sickle Cell Disease

Blacks nearly twice as high as whites; and Blacks more likely to die from stroke than whites.

Family History & other characteristics:

- Genetics & Family History
- Age - Risk double every 10 years after age 55
- Gender - more common in women
- Race or Ethnicity - Blacks, Hispanics, American Indians, Alaskan Natives



SIGNS and SYMPTOMS:



SUDDEN numbness or weakness in the face, arm, or leg, especially on one side of the body

SUDDEN confusion, trouble speaking, or difficulty understanding speech



SUDDEN trouble seeing in one or both eyes



SUDDEN trouble walking, dizziness, loss of balance, or lack of coordination

SUDDEN severe headache with no known cause



Act **F.A.S.T.** if you suspect:

F. Face: Ask person to smile. Does one side droop?

A. Arms: Ask person to raise both arms. Does one arm drift downward?

S. Speech: Ask person to repeat something back. Slurred or strange?

T. Time: **CALL 9-1-1**

The **best** stroke treatments can **only** be used if stroke recognized and diagnosed within **3 hours** of the first symptoms.