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# JUNE IS STROKE MONTH



HEART  
AND STROKE  
FOUNDATION  
OF ONTARIO

## stroke facts

### CAUTION: Brain Attack

The Signs and symptoms of stroke

**Stroke is a medical emergency.**

Your chances of surviving a stroke and enjoying a full recovery are better if you get medical help right away.

If you feel any of the symptoms listed here, call 911 or the medical emergency number in your area immediately. Do not wait for the symptoms to pass.

A brain attack is as much a medical emergency as a heart attack.

#### The main warning signs of stroke

- Sudden weakness, numbness and/or tingling of the face, arm and/or leg;
- Temporary difficulty or loss of speech, or trouble understanding speech;
- Sudden, severe, unusual headaches;
- Dizziness, unsteadiness or sudden falls, especially with any of the above signs.

Other symptoms may include: seizures, sudden nausea, fever and vomiting, brief loss of consciousness.

TIA's: Don't ignore them

A Transient Ischemic Attack (TIA) is a warning sign of impending stroke. It usually hits suddenly, with no advance warning, lasting only minutes. It is caused by temporary blockage of the arteries that carry blood to the brain. This significant warning sign gives the physician a chance to diagnose the stroke and afford the necessary intervention. TIA's indicate the presence of blood clots or blocked arteries to the physician. If you experience any of the symptoms listed above, even for a few minutes—contact your doctor. Medical or surgical treatment may reduce your risk of a full-blown stroke.

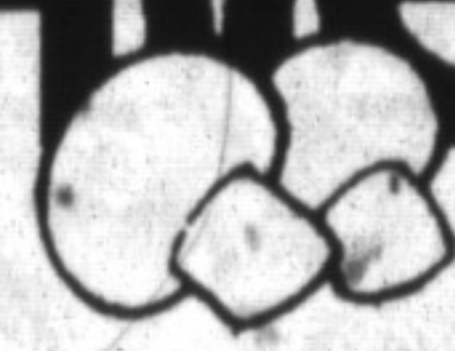
Remember, only a doctor can diagnose the cause of a stroke or TIA. Never ignore stroke symptoms!

FOR MORE INFORMATION CALL

# 634-7732

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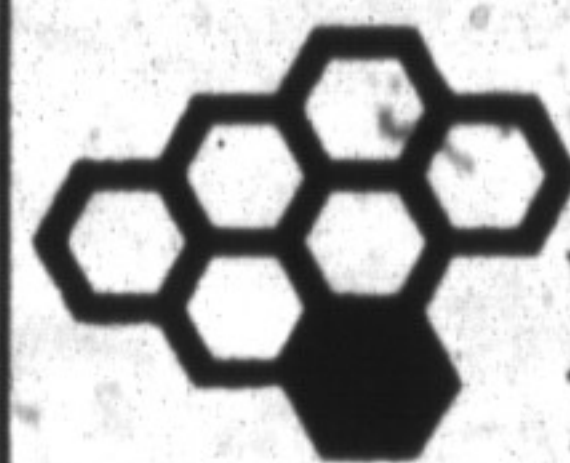
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