

Preventive tips to keep you healthy... from New London Hospital.

Stroke Awareness and Prevention



What is a stroke?

A stroke happens when the normal flow of blood to the brain is interrupted. This is caused either by blocked blood vessels or arteries, or by bleeding in the brain. When the blood flow is stopped, brain cells in the area affected begin to die within minutes, and permanent damage or even death can occur.

Although a stroke can be a devastating event, prompt medical treatment can save a person's life and improve the chances for a successful recovery. If you know the warning signs you could save a life.

Stroke warning signs include any sudden, unexplained incidence of:

- numbness or weakness (especially on one side)
- trouble talking or understanding speech
- dimness or loss of vision
- severe headache or dizziness
- unusual clumsiness or falls

If you—or anyone you are with—experience any of these symptoms, treat this as an emergency! Call 911 and your healthcare provider immediately.

Sometimes a stroke is preceded by a transient ischemic attack (referred to as a TIA or “mini-stroke”), where any of the symptoms above may only last for a few moments. Whether it's a stroke or a TIA, call your healthcare provider immediately.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Sources: National Stroke Association;
American Heart Association
*Note: This is for information purposes only
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