

LEARNING MORE ABOUT STROKE AND TIA



STROKE AND TIA ARE A MEDICAL EMERGENCY

Learn, recognize and react FAST to any sign of stroke.

Call 9-1-1 even if your symptoms go away

DO NOT DRIVE



An ambulance will take you to the hospital best able to treat your stroke.

BEAT STROKE, CALL 9-1-1 **FAST**



FACE IS IT DROOPING?



A RMS CAN YOU RAISE BOTH?



S PEECH IS IT SLURRED OR JUMBLED?



T IME TO CALL 9-1-1 RIGHT AWAY.

FAST signs are the most common signs of stroke. They are the same for men and women.

Other signs that are less common include:



Vision loss or double vision



Numbness to half the body



Problems with balance



Sudden severe headache, usually with other signs of stroke

WHAT TO SAY WHEN CALLING 9-1-1

Call 9-1-1, even if you don't speak English or French.

Call, then say the language you speak:

9-1-1 can connect you with someone who speaks over 240 languages.

"I need an ambulance. I think my dad is having a stroke. He is having trouble talking and his left arm and leg got weak starting two minutes ago. We are at _ address, in _ city"



Arabic (العربية), Cantonese (廣州話), Spanish (español), Vietnamese (tiếng Việt), and more...

I HAVE HAD A STROKE OR TIA



MY DIAGNOSIS

☐ Transient Ischemic Attack (TIA)

☐ Ischemic Stroke

☐ Hemorrhagic Stroke

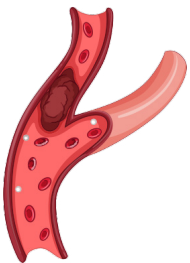
☐ Other: _____

NOTES: _____

What Causes a TIA or Stroke?

A stroke is a sudden loss of brain function to the area affected. Stroke symptoms depend on where the brain was injured, and how much damage has occurred. A stroke can impact a number of areas controlled by the brain, including your speech, strength, vision, or feeling. These changes generally occur on only one side of the body.

ISCHEMIC



Transient Ischemic Attack (TIA)

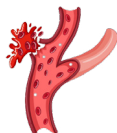
A TIA is sometimes called a mini-stroke. It happens when a clot stops blood from flowing to the brain for a short time. The symptoms of a TIA can be the same as the symptoms of a stroke except they get better within a few minutes or hours. Having a TIA is a warning sign. It tells you that you have a higher risk of having a stroke.

Ischemic Stroke

Ischemic stroke is caused by the stoppage of blood flow to the brain. It can be caused by:

- A travelling blood clot from another area of body such as the heart.
- Build-up of plaque in an artery caused by high blood pressure and high cholesterol among other factors.

HEMORRHAGIC



Hemorrhagic Stroke

Hemorrhagic stroke is a bleeding type of stroke. This occurs when an artery in the brain breaks open and blood leaks into the brain tissue.

Images from: Smart Tips for Stroke Care (2023)