



May is National Stroke Awareness Month

Every 40 seconds in the United States, someone has a stroke. Strokes can happen to anyone, at any age. Having a stroke puts you at higher risk for a second one. Immediate treatment can save people's lives and enhance their chances for successful recovery.

Learn the Stroke Warning Signs: **F.A.S.T.**

F - Face Drooping. Does one side of the face droop, or is it numb? Ask the person to smile. Is their smile uneven?

A - Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S - Speech Difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, such as, "the sky is blue."

T - Time to call 911. If you have any of these symptoms or see someone else having them, call 911 immediately. Early treatment is essential.

Prevent Stroke: What You Can Do

- **Choose healthy foods and drinks.** Choosing healthy meal and snack options can help you to prevent stroke. Eat plenty of fresh fruits and vegetables.
- **Get regular physical activity.** Regular physical activity can help you maintain a healthy weight and can also lower your cholesterol and blood pressure levels.
- **Avoid smoking and drinking alcohol.** These can increase your risk of having a stroke and can also raise your blood pressure.
- **Regularly check your cholesterol and blood pressure.** Both conditions can increase your chances of having a stroke. Your doctor should test your cholesterol levels at least once every five years. Blood pressure levels should be checked on a regular basis.
- **Control your medical conditions.** If you have heart disease, high blood pressure, high cholesterol, or diabetes, talk with your doctor about steps you can take to lower your risk for stroke.
- **Work with your health care team.** Working with your doctor is key in helping to prevent or treat the medical conditions that can lead to stroke.

Scan the QR code below to access this document in an online format.



Support groups for survivors and caregivers are key to recovering from stroke. It's where you will find new friends, support, hope, and encouragement as you or a loved one embark on your post-stroke journey. Visit www.stroke.org to find a support group near you.



Many of the recommended preventative services provided are covered by the State of Maine Health Plan and are at **no cost** to you when the services are performed by an in-network provider unless stated otherwise. For more information regarding preventive care coverage, please visit the [Office of Employee Health & Wellness website](#).