



Stroke is a brain attack which may result in disability and/or loss of life. Learn the

Stroke Warning Signs

Know how to respond. If you or anyone around you experiences any of the following symptoms –

Call 911 immediately

- **Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.**
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing in one or both eyes.**
- **Sudden trouble walking, dizziness, loss of balance or coordination.**
- **Sudden severe headache with no known cause.**

Sponsored by: The US Department of Health and Human Services, Office of Minority Health, Medical University of South Carolina, Stroke Belt Elimination Initiative (SBEI), SBEI Leadership Team & Partners.

Cut Your Risk for Heart Disease and Stroke in Half: A 7-Step Plan for Better Health



1. Walk 10,000 Steps daily
2. Eat 5-9 Fruits and Vegetables daily



3. Don't Smoke
4. Know Your Numbers: Blood pressure cholesterol and blood sugar – and get treatment if your numbers are too high
5. See your doctor at least yearly
6. Take Medication as prescribed
7. Request assistance when needed

Medicaid recipients and uninsured residents may call toll free at 888-998-4646 or visit website:

www.shealthcare.org

For more information regarding the Stroke Belt Elimination Initiative, call (843) 792-2904 or (843) 792-0824 or visit our website:

www.strokefreezone.musc.edu