

Know a Stroke

Stroke is a “brain attack” cutting off vital blood and oxygen to the brain cells that control everything we do – from speaking, to walking, and talking. Most strokes occur when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. Some strokes can be caused by arteries rupturing when weak spots on the blood vessel wall break.

Recognizing Stroke

Few Americans know the symptoms of stroke. Learning them and acting **FAST** by calling 9-1-1 when they occur can save lives.

Check these **FAST** signs if you think someone is having a stroke

F — Does the *face* look uneven?

A — Does one *arm* drift down?

S — Does *speech* sound blurred or strange?

T — Its *time* to call 9-1-1

To learn more about stroke or stroke treatment and rehabilitation at Mary Washington Hospital call 540.741.4815.



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Mary Washington Hospital is a designated Primary Stroke Center.