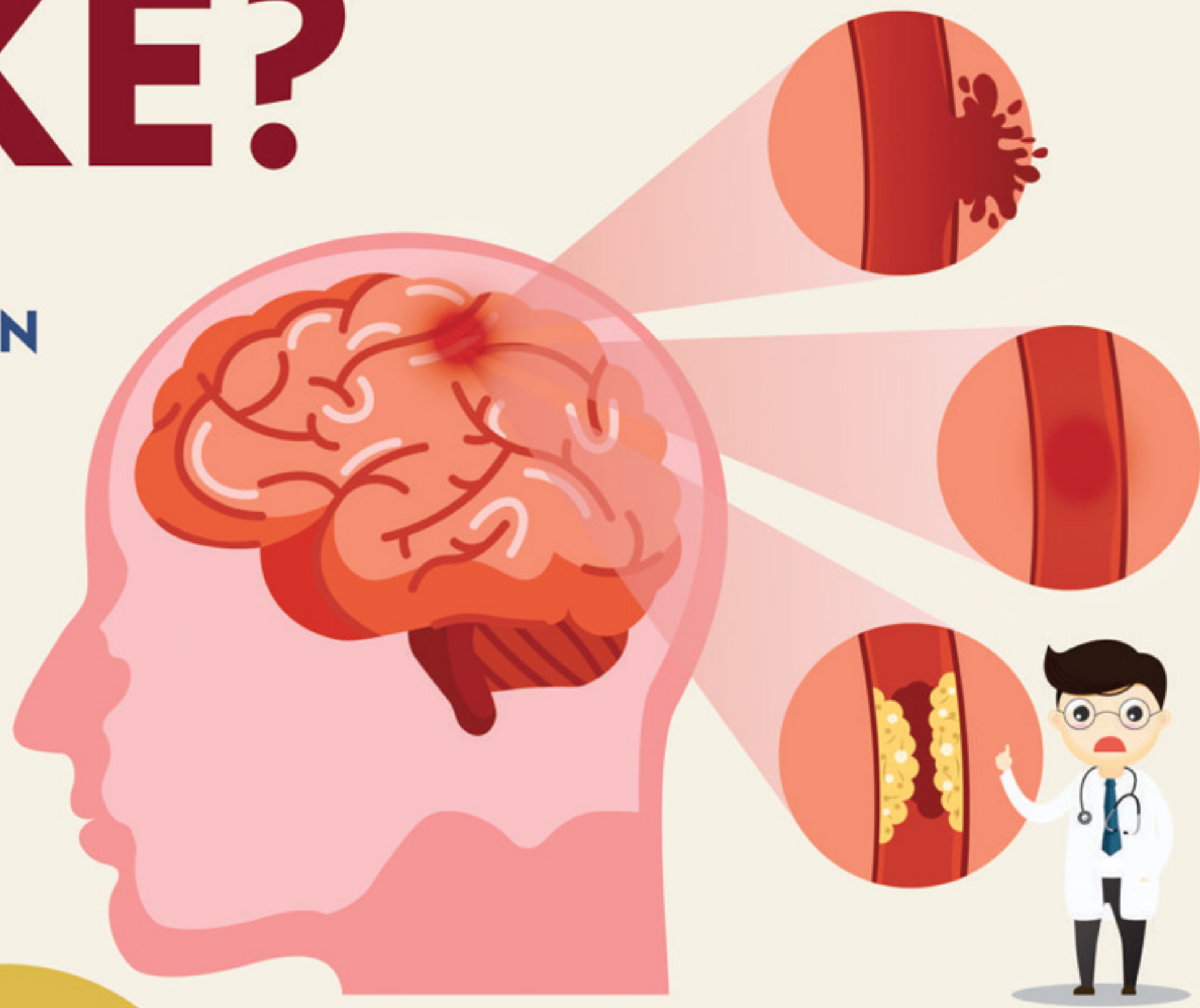


WHAT IS A STROKE?

A STROKE IS A LIFE-THREATENING CONDITION

that occurs when your brain is not getting enough blood flow.¹ It could be because of either of the reasons:



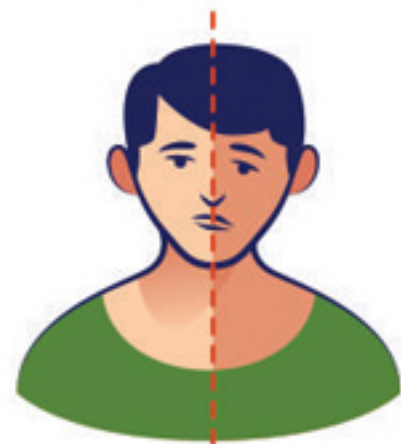
A blood vessel in the brain ruptures resulting in bleeding (**HEMORRHAGIC STROKE**)²

Blockage in the blood supply to the brain (**ISCHEMIC STROKE**)²

Brain cells start to die within minutes due to lack of oxygen²

Be aware of the signs of stroke & recognize it as early as possible!

Remember to think **FAST!**¹



Face

Droop on one side, especially while smiling due to muscle weakness or paralysis¹



Arms

When raising arms, one arm might sag down due to muscle weakness¹



Speech

Slurred or garbled speech and unable to talk properly¹



Time

Time is critical, don't wait to get help. Note the time to tell the doctor when the symptoms started¹

Some other symptoms:¹

- CONFUSION •
- VISION PROBLEMS •
- LOSS OF BALANCE •
- DIZZINESS •
- SEVERE HEADACHE •

RISK FACTORS FOR STROKE³



High BP



Obesity



Diabetes



High cholesterol

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE:
18002670975

OR



SCAN THE QR CODE OR LOG ON TO
www.hridayam.org

STROKE can lead to brain damage, long-term disability and death. So, if you think you or someone with you is having a stroke, call the emergency services immediately!²