WHAT IS STROKE?

**Stroke is a brain attack.**
Stoke is caused by either a blood clot or a ruptured blood vessel that disrupts the flow of blood and oxygen to the brain. Both clots and ruptured blood vessels injure or kill brain cells. The dead and damaged brain cells cause the physical paralysis, speech problems, memory loss and other disabilities.

**Stroke is Preventable.**
While stroke remains the leading cause of adult disability in the United States, 80% of strokes can be prevented. Visit [www.PacificStrokeAssociation.org](http://www.PacificStrokeAssociation.org) to find out more.

---

**STROKE RISK FACTORS:**
Smoking    High Blood Pressure    Diabetes    Excessive alcohol intake
High Cholesterol    Obesity    Atrial Fibrillation    Illegal drug use

---

**Stroke is Treatable.**
Calling 911 and seeking urgent treatment is vital to minimize the damage to the brain and to limit the resulting disability.

**ACT F A S T CALL 911**
If you or someone you know experiences signs or symptoms of stroke. The longer you wait to receive medical treatment, the more brain cells will be injured or die.