

# Diabetes and Stroke: **BE FAST**

**Call 9-1-1 Immediately because every second counts**

*Having diabetes puts you at higher risk of having a stroke so recognizing when you're having a stroke and calling 9-1-1 for medical help as quickly as possible is critical!*

## WHAT IS A STROKE?

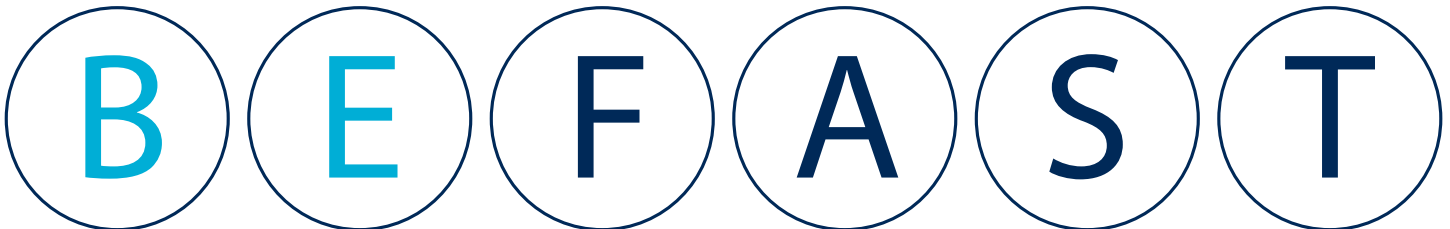
A stroke can happen when the supply of blood to your brain is reduced or blocked completely, usually by a thick and sticky clump of dried blood (blood clot) in an artery which prevents brain tissue from getting oxygen and nutrients. Similar to a heart

attack, a stroke can be thought of as a "brain attack."

**Make sure to share this with a loved one so they know the signs and symptoms as well. They may notice your symptoms before you do.**

## RECOGNIZE STROKE SYMPTOMS

Know the signs and symptoms of stroke so that you or a loved one can react and get help quickly. The faster you can get to the hospital via an ambulance, the better odds you have of a full recovery without losing brain or body functions. Remember BE FAST to help you recognize the symptoms and Call 9-1-1.



**BALANCE**

**EYES**

**FACE**

**ARMS**

**SPEECH**

**TIME**



Loss of balance, dizziness



Vision changes



Facial drooping, severe headache



Arm or leg weak/hanging down



Speech slurred? Or trouble speaking, seem confused



Time to call 9-1-1

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# Diabetes and Stroke

## BE FAST



**CALL 9-1-1**  
*because every second counts towards saving brain tissue and function*



### ACT QUICKLY-CALL 9-1-1!

In one second, 32,000 brain cells die, and in 59 seconds a stroke caused by a blockage will have killed 1.9 million brain cells according to the Stroke Awareness Foundation.

If diagnosed quickly, there are treatment options to help you recover from a stroke. Medicine can dissolve a blood clot if given within:

**4½ hours from when the symptoms started.**

For some people, hospitals that are designated as stroke centers can remove the clot by guiding a device into the brain by a small, flexible tube.

**This must be done within 24 hours from when the symptoms started.**

### WHY CALL 9-1-1?

If you notice signs of a stroke, call 9-1-1 immediately and don't risk taking yourself to a hospital! No matter how close you are to a hospital, calling 911 is critical because:

- ✦ The 9-1-1 dispatcher will make sure you are sent to a hospital that is a qualified stroke center for more specialized care, if one is available in your area.
- ✦ The ambulance staff can start diagnosis and treatment on the way to the hospital, saving critical seconds.
- ✦ When you arrive at the hospital you don't have to check in or wait, like you would if you walked in on your own.
- ✦ Treatment will begin immediately.