

# STROKE AWARENESS MONTH

Stroke is the **fifth leading cause of death** in the U.S. and is a major cause of serious disability. About 795,000 people in the U.S. have a stroke each year.

**Stroke is preventable.** You may be able to prevent or lower your chances of having a stroke.

**Stroke is treatable.** Learn the signs. Call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability.

According to the CDC, there are several steps you can take to reduce your risk for stroke:

- Eat a healthy diet low in sodium with plenty of fruits and vegetables.
- Maintain a healthy weight.
- Be physically active.
- Don't smoke. Avoid secondhand smoke.
  - State employees can access telephonic and online group coaching for tobacco cessation from ActiveHealth. To enroll, call ActiveHealth at 888-741-3390. Click [here](#) for more information.
  - The state's prescription drug coverage provides free tobacco quit aids to members who want to stop using tobacco products.
- Limit alcohol use.
- Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes and obesity.

## More resources:

- [Here4TN](#) Employee Assistance Program (EAP)
  - Members get five EAP counseling visits, per problem, per year, per individual at no cost. (Available in person or by virtual visit)
  - Find more information at [tn.gov/PartnersForHealth](https://tn.gov/PartnersForHealth) under Other Benefits and EAP

## If Stroke Happens, Act F.A.S.T.



### F—FACE DROOPING

Ask the person to smile. Does one side droop?



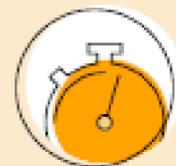
### A—ARM WEAKNESS

Ask the person to raise both arms. Does one arm drift downward?



### S—SPEECH DIFFICULTY

Ask the person to repeat a simple sentence. Are the words slurred?



### T—TIME TO CALL 9-1-1

If the person shows any of these signs, call 9-1-1 immediately.

