

Act FAST

Know the symptoms of stroke, reduce your risk

There are few things as important to protect as the brain. That is why it is important to know the risks related to stroke as well as the stroke signs and symptoms – all of which are sudden, which means the response to them needs to happen just as fast.

Strokes can cause multiple cognitive disabilities, including effects on memory, speech and language, as well as everyday problem solving. Not only is high blood pressure the biggest risk, it is also the most preventable cause.

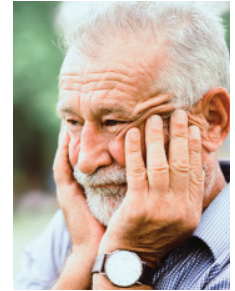
Stroke is the leading cause of long-term disability and the leading preventable cause of disability as well as the leading cause of memory loss.

As with heart disease, the best ways to prevent stroke are to stay physically active, eat healthy, maintain a healthy body weight, control cholesterol, blood pressure and blood sugar, and quit smoking.

It's important to know the signs of stroke so medical intervention occurs quickly. The FAST acronym can help: Face drooping, Arm weakness, Speech difficulty, Time to Call 911. In addition to the sudden one-sided weakness and speech troubles, sudden troubles with eye sight, walking, or a sudden severe headache are also symptoms.

When a stroke does occur, rehabilitation is critical to recovery as it helps patients regain strength, abilities, life skills and confidence. Despite this, many stroke survivors do not receive the right level of services to maximize their recovery process.

The team at VNACHCH includes trained Speech and Language Pathologists who provide speech therapy in the home following a medical event like a stroke.



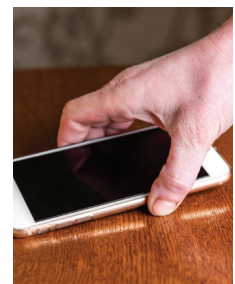
Face drooping



Arm weakness



Speech trouble



Time to call 911



Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 1.866.474.5230