

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Institute of Neurological Disorders and Stroke



1-800-352-9424
www.ninds.nih.gov



KNOW THE SUDDEN SIGNS OF STROKE

- **Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)**
- **Sudden confusion, trouble speaking or understanding speech**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden severe headache with no known cause**

Date

Weight

Cholesterol

Blood Pressure

My Target Weight

My Target Cholesterol

HDL

LDL

My Target Blood Pressure

Stroke is a medical emergency. Getting treatment within 60 minutes can prevent disability. If you or someone you know is experiencing any of these symptoms, call **911** immediately.