

# Stroke Awareness Month

**Every 40 seconds, someone in the U.S. has a stroke.**

It's 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 coaching for tobacco cessation from the Partners for Health Wellness Program. Call 888-741-3390 or learn more at [www.tn.gov/partnersforhealth/other-benefits/wellness-program.html](http://www.tn.gov/partnersforhealth/other-benefits/wellness-program.html).
  - 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.

## 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.

## Additional Resources

Here4TN Emotional Wellbeing Solutions:

Members get five EWS 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](http://tn.gov/partnersforhealth) under Other Benefits & EWS.