

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



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



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 <input data-bbox="242 201 405 259" type="text"/>	My Target Cholesterol <input data-bbox="469 201 587 259" type="text"/> <input data-bbox="643 201 761 259" type="text"/> HDL LDL		My Target Blood Pressure <input data-bbox="827 201 1009 259" type="text"/>

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.