



## CHCHD News

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### STROKE: KNOW THE WARNING SIGNS AND ACT FAST

Chattanooga, TN - About 795,000 Americans will suffer a stroke this year, yet most people in the U.S. cannot identify stroke warning signs or risk factors. Many strokes, up to 80 percent according to some studies, can be prevented through risk factor management. "If we can educate individuals on how to recognize the signs of a stroke and seek medical help immediately, it may reduce disability caused by a stroke and potentially save a life," said Jill Heine, health educator with the Chattanooga-Hamilton County Health Department.

Every year, approximately 3,300 people in Hamilton County are admitted to the hospital for stroke. To recognize National Stroke Awareness Month, the [Chattanooga-Hamilton County Health Department](http://Chattanooga-Hamilton County Health Department) is taking a lead from the National Stroke Association and striving to educate Americans about [risk factor management](#) and how to recognize and respond to warning signs by [acting FAST](#).

#### Did You Know?

- Stroke kills two times more [women](#) annually than breast cancer.
- Stroke is largely [preventable](#). It helps to manage risk factors, including high blood pressure, weight, alcohol consumption, smoking, diabetes and more. Get a free risk factor scorecard at [www.stroke.org/risk](http://www.stroke.org/risk) and discuss the results with a healthcare professional.
- Stroke is an emergency! It's important to learn stroke warning signs and how to respond to them. Emergency treatment may be available if a stroke is recognized FAST and 9-1-1 is called.

**F** **FACE** — Ask the person to smile. Does one side of the face droop?

**A** **ARMS** — Ask the person to raise both arms. Does one arm drift downward?

**S** **SPEECH** — Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T** **TIME** — If you observe any of these signs, call 9-1-1 immediately.