

Stroke/Trans Ischemic Attack(TIA)

<https://www.nhlbi.nih.gov/health-topics/stroke>

A stroke happens when blood flow to the brain is blocked. This prevents the brain from getting oxygen and nutrients from the blood. Without oxygen and nutrients, brain cells begin to die within minutes. Sudden bleeding in the brain can also cause a stroke if it damages brain cells.

Signs and symptoms of a TIA or stroke may include:

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

The FAST test can help you remember what to do if you think someone may be having a stroke:

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 right away**. Early treatment is essential.