BEFAST

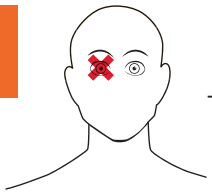
Recognition of Stroke Symptoms: Compare right and left side of the body.

B

Balance

The person experiences a sudden loss of balance, headache or dizziness.

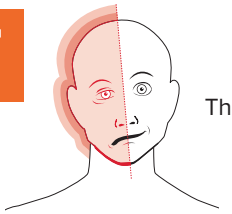
E



Eye

The person experiences blurred or loss of vision in one or both eyes.

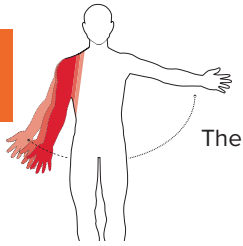
F



Face

The smile is not equal or one side of the face droops.

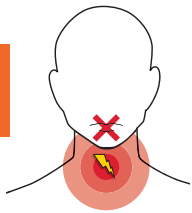
A



Arms

The person cannot raise both arms equally.

S



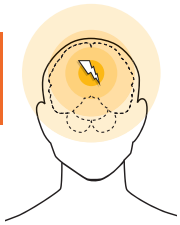
Speech

There may be sudden slurring of speech or inability to talk.

Swallow

There may be difficulty swallowing like choking or coughing.

T



Time

Time lost is brain lost. Think “brain attack” like heart attack.

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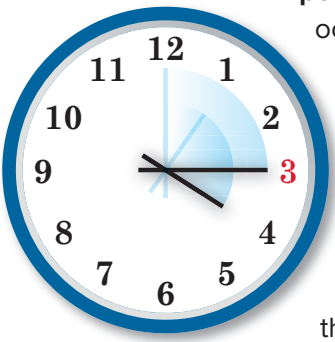
If you observe these signs, call 911 immediately!



Important: Note the time when symptoms first occurred. Options such as clot busting drugs and catheter-based mechanical clot removal are time-dependent. Though decisions about what therapies can be provided are complicated, if treatment is delayed more than three hours, an individual with a stroke may not be able to benefit from certain advanced therapies that can reduce damage to the brain and subsequent long-term disability.

Stroke Statistics
Stroke is a **leading cause of death** in the United states and is a major cause of serious disability for adults.
Someone in the United States has a stroke every **40 seconds.**
Every **4 minutes** someone dies of a stroke.
Every year more than **795,000 people** in the United States have a stroke. About **610,000** of these are first or new strokes.

Other symptoms that signal a stroke:

- Sudden, severe headache
- Confusion
- Numbness or weakness on one side of face, arms or legs
- Loss of consciousness

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BEFAST

shepherd.org/stroke