



CITRUS MEMORIAL
Health System

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LEARN THE SIGNS OF STROKE
MAY IS NATIONAL STROKE AWARENESS MONTH

Did you know that up to 80% of strokes are preventable, yet it is expected that nearly 795,000 people in the United States will have a stroke this year? The majority of those who survive a stroke will need some form of rehabilitation in their recovery process. This May is National Stroke Awareness Month, a time to raise public awareness about important stroke facts to reduce the incidence and impact of stroke.

This year, Citrus Memorial Health System is striving to educate the community to stop stroke by reducing their risk through risk factor management, to act F.A.S.T. upon stroke symptom recognition and to spread hope about recovery from stroke.

Did you know?

- Someone has a stroke every 40 seconds, on average.
- Stroke can be caused by a myriad of **manageable risk factors**, including: high blood pressure, weight control, alcohol consumption, smoking, diabetes, atrial fibrillation and transient ischemic attack (TIA).
- The public needs to be aware of their stroke risk and have a strong knowledge of stroke symptoms to get the treatment they or their loved ones need to act F.A.S.T.

Use the **F.A.S.T. method** for recognizing symptoms

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. Does the speech sound slurred or strange?

T = TIME If you observe any of these signs, it's time to call 9-1-1.

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About Citrus Memorial

Citrus Memorial Health System has a Primary Stroke Center Certification from the Agency for Health Care Administration. This certificate of distinction is awarded only to those programs that comply with the highest national standards for safety and quality of care and demonstrate a commitment to excellence in providing primary stroke center services.

Citrus Memorial is a 198-bed, not-for-profit, community hospital that provides health care services to residents of Citrus County and surrounding communities. More than 150 physicians and 1,000 employees provide a wide range of services at our Inverness campus and at medical offices and clinics in eight locations in Citrus and Sumter Counties. Citrus Memorial is fully accredited by the Joint Commission and is fully licensed by the State of Florida.

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