



AT RISK? DON'T WAIT

STROKE/TIA— REDUCE THE RISK

STROKE/TIA— WARNING SIGNS

If you think you may be at risk for a stroke or TIA, contact your healthcare practitioner as soon as possible. It can save your life.

This simple test will help you detect stroke symptoms and act FAST:

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 sentence. Does the speech sound slurred or strange?

T = TIME

- **If you have any of these warning signs, call 911 or emergency services, and get to the nearest hospital**

Reprinted with permission from National Stroke Association.

WHAT YOU CAN DO

- If you have high blood pressure, high cholesterol, diabetes, or atrial fibrillation (irregular heartbeat)—work with your doctor to get these conditions under control
- If you smoke, stop
- Drink alcohol only in moderation
- Exercise daily
- Reduce your salt intake
Eat a lower-sodium diet
- Know the risk factors and symptoms of stroke

SIGNS AND SYMPTOMS

The warning signs are the same for stroke and transient ischemic attack (TIA).

- Sudden numbness or weakness of the face, arms, or legs, especially if on one side of the body
- Sudden confusion or problems speaking or understanding others
- Sudden trouble seeing out of one or both eyes
- Sudden problems walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Find out if you are at risk by reviewing the inside of this card.

If you have any of these warning signs, call 911 or emergency services, and get to the nearest hospital.

Boehringer Ingelheim Pharmaceuticals, Inc. has no ownership interest in any other organization that advertises or markets its disease management products and services.

A patient educational resource provided by Boehringer Ingelheim Pharmaceuticals, Inc.



Printed on recycled paper in the U.S.A.
Copyright © 2008, Boehringer Ingelheim Pharmaceuticals, Inc.
All rights reserved. (01/08) DM50034 B100000





AM I AT RISK FOR A STROKE?

Use this tool to discuss your stroke risk with your doctor.



Risk Factor	High Risk
Blood pressure	>140/90 or I don't know
Cholesterol	>240 or I don't know
Diabetes	Yes
Smoking	I still smoke
Atrial fibrillation	I have an irregular heartbeat
Diet	I am overweight
Exercise	I am a couch potato
Family history of stroke	Yes

Risk Factor	Caution
Blood pressure	120-139/80-89
Cholesterol	200-239
Diabetes	Borderline
Smoking	I am trying to quit
Atrial fibrillation	I don't know
Diet	I am slightly overweight
Exercise	I exercise sometimes
Family history of stroke	Not sure

Risk Factor	Low Risk
Blood pressure	<120/80
Cholesterol	<200
Diabetes	No
Smoking	I am a non-smoker
Atrial fibrillation	My heartbeat is not irregular
Diet	My weight is healthy
Exercise	I exercise regularly
Family history of stroke	No