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KNOW THE SIGNS OF A STROKE

You could save someone's life

When during a stroke the brain isn't getting the blood it needs. Immediate treatment is needed to reduce chances of brain damage, disability, or even death.

Remember F.A.S.T.

Face: Smile and see if **ONE SIDE** of the face droops.

Arms: Raise both arms. Does **ONE ARM DROP** down?

Speech: Say a short phrase and check for **SLURRED OR STRANGE SPEECH**.

Time: If the answer to any of these is yes, **CALL 911** right away and write down the time when symptoms started.

Minutes matter in treating stroke. Calling a doctor or driving to the hospital yourself wastes time. Ambulance workers can judge your situation sooner, and that boosts your chance of getting the treatment you need as soon as possible.

Depending on the type of stroke, doctors may give you aspirin or powerful clot-busting drugs. The treatment works best when you get this medication within 3 hours of when your symptoms started. If your stroke was caused by a burst blood vessel, doctors will try to stop the bleeding as soon as possible.

Warning Signs

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- Dizziness
- Severe headache that comes on for no reason

If you have these symptoms, call 911 even if you're not sure you're having a stroke.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.

