Mended Hearts®

WARNING SIGNS OF STROKE FOR THOSE WITH AFIB

Learn the many warning signs of a stroke. Act FAST and CALL 9-1-1 IMMEDIATELY at any sign of a stroke. Use FAST to remember warning signs:

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 his or her speech slurred or strange?



T **TIME:** If you observe any of these signs, call 9-1-1 immediately.



NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within *three hours* of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

LEARN ABOUT MORE SUDDEN SIGNS OF STROKE AT WWW.STROKE.ORG/SYMP

Monitor Your Stroke Risk Because you have atrial fibrillation (Afib), your risk of stroke is increased by at least five times. Bring this card with you to each healthcare appointment. Mark the appointment date and fill out the notes portion with your healthcare professional to manage your risk of stroke.

	Date	Notes	Date	Notes
Blood Pressure				
Atrial Fibrillation				
Smoking				
Cholesterol				
Diabetes				
Exercise				
Diet				
Stroke in Family				

Source: National Stroke Association
www.stroke.org/afib-stroke

Spirit Health Group®

National STROKE Association™

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MY MEDICATIONS

Medication Name	Dosage

MY HEALTHCARE TEAM

Name	Phone Number

Questions for my next visit

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