

BE FAST to stop a STROKE



800,000 people suffer a stroke every year in the U.S. Learn this acronym so you can BE FAST when you spot the signs.

B**BALANCE ISSUES****E****EYESIGHT CHANGES****F****FACE DROOPING****A****ARM WEAKNESS****S****SPEECH DIFFICULTY****T****TIME TO CALL 911**

Who is at risk of a stroke?

People with high blood pressure, high cholesterol, heart disease, diabetes, obesity, sickle cell disease, heart rhythm disorder (AFib), tobacco users or have previously suffered a stroke.

Smoking increases the risk of a stroke.

Be Well Arkansas can help you quit nicotine and reduce your risk. If you're thinking about quitting, our wellness counselors can help you for FREE. Call **833-283-WELL**.



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BE HEART SMART

Know the symptoms of a heart attack. It happens when the heart muscle doesn't get enough blood. The more that time passes without treatment before blood is restored, the more the heart muscle is damaged.

Heart Attack: Signs and Symptoms for Men and Women

Chest pain or discomfort



Pain or discomfort in
the jaw, neck, back,
arm or shoulder



Shortness of breath



Women may also feel
nauseous, light-headed
or unusually tired



EVERY
40
SECONDS,
a heart attack occurs.

ACT FAST!
Don't drive, dial
911!

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