

# B.E.F.A.S.T.

## How to Spot a Stroke



### **B** Balance

Does the person have a sudden loss of balance or coordination?



### **E** Eyes

Is your loved one experiencing double vision or are they unable to see out of one eye?



### **F** Face

Is one side of the face drooping? Ask the person to smile.



### **A** Arms

Does one arm drift downward? Have the person raise both arms in the air.



### **S** Speech

Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.



### **T** Time

Time to act! Call 9-1-1 immediately.

## Contact Us

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Building a HEALTHIER COMMUNITY



# AM I AT RISK FOR A STROKE?

*A Guide To A  
Healthier You!*



Building a HEALTHIER COMMUNITY

## QUESTIONS YOU SHOULD ASK

When should I come back to see my doctor?

What is my Blood Pressure?

What medications should I take?

- A blood thinner?
- A cholesterol lowering drug?
- A blood pressure pill?
- A blood sugar lowering pill?

Should I take cholesterol reducing medications?

What kind of specialists should I be seeing?

Which foods should I eat?

Which foods should I be avoiding?

What type of exercises should I perform?

What precautions should I be taking?

Follow your doctor's instructions, and be sure to take all, **ALL**, of your prescribed medications at the indicated times.

## KNOW YOUR RISK FACTORS

### Being a Man or a Woman

According to the American Heart Association, until **age 75**, men are more likely than women to have a stroke.

### Your Family Tree

Your risk of stroke is **1/3 higher** if your father, mother, brother, or sister has had a stroke.

### Your Ethnicity

African Americans are at a higher risk for stroke than Caucasians.

### Excess Weight

According to the National Stroke Association, a body mass index (**BMI**) **25 or higher** increases cardiovascular risks: **high blood pressure, insulin resistance, high triglycerides.**

### High Blood Pressure

Contributes to blockages and clots that lead to ischemic stroke

### Diabetes

Individuals with diabetes have a **1.5 times higher** risk for stroke.

Consult with your doctor to isolate your risk factors and form a plan of care.

## AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

Start with a Healthy Diet

- Choosing healthy meal and snack options can help you prevent a stroke.

Exercise, Exercise, Exercise

- Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure.



## AVOID UNHEALTHY HABITS

No Nicotine or Smoking!

- Tobacco use, as well as vaping, will greatly increase your chances of having a stroke.

Limit Alcohol Use

- Alcohol can raise your blood pressure and must be used in moderation.
- Men should have no more than two drinks per day, women only one.

Commit To a Drug-Free Lifestyle

- Substance abuse is frequently linked to an increased risk of stroke, among other harmful effects on the body.

*Make Healthy Choices*