

# UVM ScholarWorks

## Promoting TIA Awareness: Decreasing Stroke Mortality in Vermont

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Authors	Becher, Nicole
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# SAVE YOURSELF OR A LOVED ONE FROM DYING FROM STROKE

DON'T IGNORE  
THE WARNING  
SIGNS OF STROKE  
– IT COULD SAVE  
YOUR LIFE

- Even if symptoms go away, they may be what is known as a TIA (transient ischemic attack) or “warning stroke,” which means they can be a warning sign that a bigger, more severe stroke is on the way.
- **SEEK IMMEDIATE MEDICAL ATTENTION** for ANY signs of stroke, **EVEN IF YOU FEEL BETTER**. This may save your life! The faster a stroke is treated, the greater the chance of survival and recovery.
- **COMMON SIGNS OF STROKE INCLUDE:**
  - **SLURRED SPEECH** OR INABILITY TO SPEAK
  - **WEAKNESS** IN ONE ARM AND/OR LEG
  - **FACIAL DROOP** – UNEVEN SMILE
- **LESS COMMON SIGNS OF STROKE:**
  - **SUDDEN CONFUSION**
  - **SUDDEN NUMBNESS** OR WEAKNESS
  - **SUDDEN CHANGE IN BALANCE, TROUBLE WALKING, OR DIZZINESS**
  - **TROUBLE SEEING** IN ONE OR BOTH EYES
  - **SUDDEN SEVERE HEADACHE** WITHOUT A KNOWN CAUSE
- **CALL 911** OR SEE YOUR DOCTOR IMMEDIATELY, even if you are not sure! It could save your life.

For more information: [www.strokeassociation.org/STROKEORG/](http://www.strokeassociation.org/STROKEORG/)