Think Fast

Know these key signs of stroke; someone's life may depend on it.

August 27, 2013 By Kate Ferguson

There are two major types of stroke. The first is when a blood vessel ruptures and causes bleeding into the brain. This is called a hemorrhagic stroke. The second occurs when a clot blocks the flow of blood to the brain. This is called an ischemic stroke. Similarly, clots that temporarily block blood flow to the brain cause "mini strokes" and are called transient ischemic attacks or TIAs.

When strokes strike, blood flow can't reach certain areas of the brain that control different functions of the body. The result? The body can't work the way it should, and that can create life-threatening conditions as well as temporary or long-term disabilities.

According to the American Heart Association (AHA), when someone shows any sign of stroke it's important to call for help immediately. To spot a potential stroke, the AHA suggests you remember the following acronym: **F.A.S.T.** Here's what the letters mean:

Face drooping
Arm weakness
Speech difficulty
Time to call 9-1-1 (even if the symptoms stop), and make a note of the time signs started.

Other signs of stroke may occur without warning too, as they did when Beverly Paige experienced severe headaches, inexplicably burned herself on the grill and suddenly had trouble walking, which led to her falling down the stairs of her own home. In addition to those symptoms, some other signs of stroke include confusion or trouble understanding, difficulty seeing in one or both eyes, dizziness and loss of balance or coordination.

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http://beta.docker.realhealthmag.com/article/stroke-symptoms-24439-2799