

May 15, 2024

## DOH-Martin Observes National Stroke Awareness Month



**Contact:**

Renay Rouse

[Renay.Rouse@FLHealth.gov](mailto:Renay.Rouse@FLHealth.gov)

772-631-6008

**Martin County, Fla.—** The Florida Department of Health in Martin County (DOH-Martin) recognizes National Stroke Awareness Month, an observance that highlights the importance of knowing the risk factors and symptoms of stroke.

Nationally, [stroke](#) is a leading cause of death. Recognizing a stroke quickly can be lifesaving, as fast treatment can lessen the brain damage that can occur. Quick treatment increases the chance for survival.

### Spot a Stroke F.A.S.T. and Call 9-1-1

- **Face** – If one side of the face droops, it's a sign of a possible stroke.
- **Arms** – If the person cannot raise both arms out, it's another possible stroke sign.
- **Speech** – Slurring words and poor understanding of simple sentences can also serve as a stroke sign.
- **Time** – If you see any of these signs, it's time to call 9-1-1 immediately!

### Stroke Risk Factors

- High blood pressure.
- Excessive alcohol use.
- Not being physically active.
- Diabetes.
- High cholesterol.
- Smoking.
- Heart disease.

### Tips to Lower Risk

- Consuming a healthy diet.
- Maintaining a healthy weight.
- Being physically active and exercising regularly.
- Not smoking.
- Limiting alcohol consumption.

###

**About the Florida Department of Health**

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

Follow us on X at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, visit [FloridaHealth.gov](#).