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DOH-Charlotte Observes National Stroke Awareness Month

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Charlotte County, Fla.— The Florida Department of Health in Charlotte County (DOH-Charlotte) 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. In 2022, in Charlotte County, over 900 hospitalizations and 168 deaths occurred due to strokes. 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
- **F**ace – If one side of the face droops, it's a sign of a possible stroke.
- **A**rms – If the person cannot raise both arms out, it's another possible stroke sign.
- **S**peech – Slurring words and poor understanding of simple sentences can also serve as a stroke sign.
- **T**ime – 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.

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