

STROKE:

Every Second Counts

The **Rehabilitation Center at Maryland**

General Hospital wants you to:

Learn to recognize warning signs of a
STROKE because every second counts...

Stroke Warning Signs

- 1 Numbness or weakness, especially on one side
- 2 Difficulty speaking or sudden confusion
- 3 Blurred vision
- 4 Dizziness
- 5 Severe, unexplained headache

If you experience any of these signs, don't delay. Call 911 immediately.

Change These Risk Factors to Lower Your Chance for Stroke

- High Blood Pressure
- Smoking
- Obesity
- Lack of Exercise
- Stress
- Excess Alcohol Intake
- Heart Disease
- High Cholesterol
- Diabetes
- Oral Contraceptives (for women who smoke)

To reach the Rehabilitation Center at Maryland General Hospital, call
(410) 225-8522