Every four minutes someone dies from stroke, the fifth leading cause of death in the U.S.

A stroke happens every 40 seconds.

Up to 80 percent of strokes can be prevented.

Use F-A-S-T to identify stroke symptoms.

**FACE**
Does your face droop on one side or is it numb? Is your smile uneven? Can you smile and show all your teeth?

**ARM**
Is an arm numb? Are the arms equally strong? Can you raise both arms and hold them up? Are they at equal height?

**SPEECH**
Is it slurred or garbled? Can you speak in normal sentences? Say a simple sentence and see if you understand.

**TIME**
Don’t waste it! If you or someone you love has any symptoms of stroke, call 911 immediately!

Other stroke symptoms:
- Numbness or weakness of the face, arm or leg.
- Difficulty speaking or understanding; sluggish speech.
- Blurred vision or trouble seeing in one or both eyes.
- Unexplained dizziness, confusion or loss of balance or coordination.
- Sudden or severe headache with no known cause.

HonorHealth has four award-winning Primary Stroke Centers. Primary Stroke Centers have earned certifications that demonstrate a commitment to excellence in providing care that can significantly improve outcomes for stroke patients.

- Scottsdale Osborn Medical Center
- John C. Lincoln Medical Center
- Deer Valley Medical Center
- Scottsdale Shea Medical Center

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