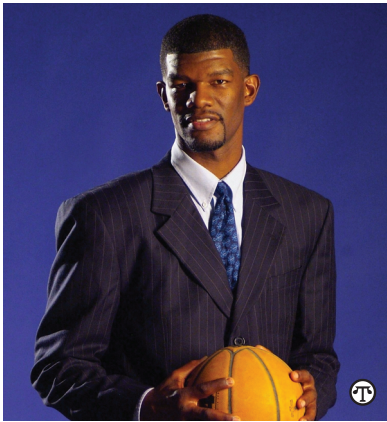


Be Smart About Stroke

(NAPSA)—Knowing a little about stroke may help you to reduce disability or save a life.

Consider what happened to Juaquin “Hawk” Hawkins, a professional basketball player, 34 years-old and in top physical condition. He had a stroke—and didn’t recognize the warning signs, nor did the people around him.

According to the American Stroke Association, a division of the American Heart Association, only two out of three Americans know at least one of the stroke warning



When you recognize a stroke and act fast, you have a greater chance of improving the outcome, as basketball star Juaquin “Hawk” Hawkins discovered.

signs. Yet stroke is the No. 4 killer for all Americans and the No. 1 preventable cause of disability.

That’s why the American Stroke Association’s Together to End Stroke initiative, which is nationally sponsored by global medical products company Covi-dien, is helping Americans recognize the stroke warning signs in an easy way. Just remember F.A.S.T. and the symptoms that come on suddenly:

- F - Face** drooping
- A - Arm** weakness
- S - Speech** difficulty
- T - Time** to call 9-1-1.

When you recognize a stroke and act fast by calling 9-1-1, you have a greater chance of getting to an appropriate hospital quickly and improving the outcome.

“Stroke can happen to anyone at any time and it is largely preventable, treatable and beatable,” says Hawkins. “The American Stroke Association can help to empower you to prevent stroke. When you learn to prevent stroke, you improve the outlook for your future and live a healthier lifestyle.”

According to the American Stroke Association, the actions you take to prevent stroke can also help you to prevent heart disease. For more information about stroke and a complete list of the warning signs, visit www.strokeassociation.org/warningsigns.