



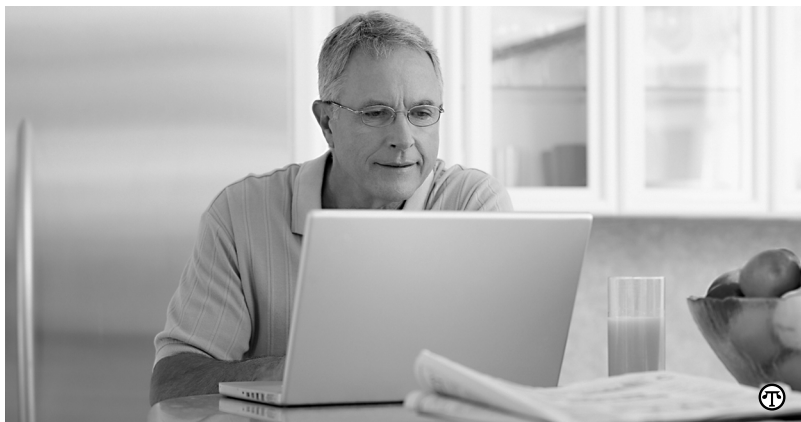
# Health Awareness

## What You Don't Know Can Hurt You

(NAPSA)—It affects more than 240,000 Americans every year, according to National Stroke Association, but most people don't know what it is and many don't realize when they've had one. It's called transient ischemic attack (TIA) and it's a major warning sign that a stroke may happen.

Many don't know they've had a TIA because it happens so quickly. According to National Stroke Association, TIAs last less than a day—most last less than five minutes—and don't leave any lasting effects to cause worry. Many people don't tell their doctors about the short-lived attack. It's important to seek immediate medical care because more than one-third of people who have a TIA will suffer a stroke. In fact, although studies may vary, up to 20 percent will have one within 90 days, says the American Heart Association.

National Stroke Association and Boehringer Ingelheim Pharmaceuticals, Inc. have created a new Web site, [www.TalkAboutTIA.com](http://www.TalkAboutTIA.com), where you can find more information on TIA, its link to stroke and what to do if you or a loved one has a TIA. You'll also find tips on talking with your doctor during regular checkups about your TIA risk and what can be done to lower it, and a checklist you can



**An informative Web site can help you recognize a potentially serious health risk—transient ischemic attack.**

print and take with you to help with that discussion.

By knowing more about TIA, you can recognize your risk, know when to seek immediate medical attention and talk with your doctor about treatment options and lifestyle changes that can help reduce the risk of stroke after TIA.

It's important to call 911 immediately if a TIA occurs. Here's how to recognize if you or someone you know is having a TIA—the signs are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- Sudden trouble seeing in one or both eyes;

- Sudden confusion, trouble speaking or understanding;

- Sudden trouble walking, dizziness, loss of balance or coordination;

- Sudden, severe headache with no known cause.

"TIA and stroke education are so important. If I had known more, I would have talked to my doctor about my risk and tried to reduce it before I had a stroke," said TIA patient Charlie Harris, 62. "TalkAboutTIA.com is a great way to learn about TIA and what you can do to prevent a more serious stroke that can change your life forever. It's important information for everyone."