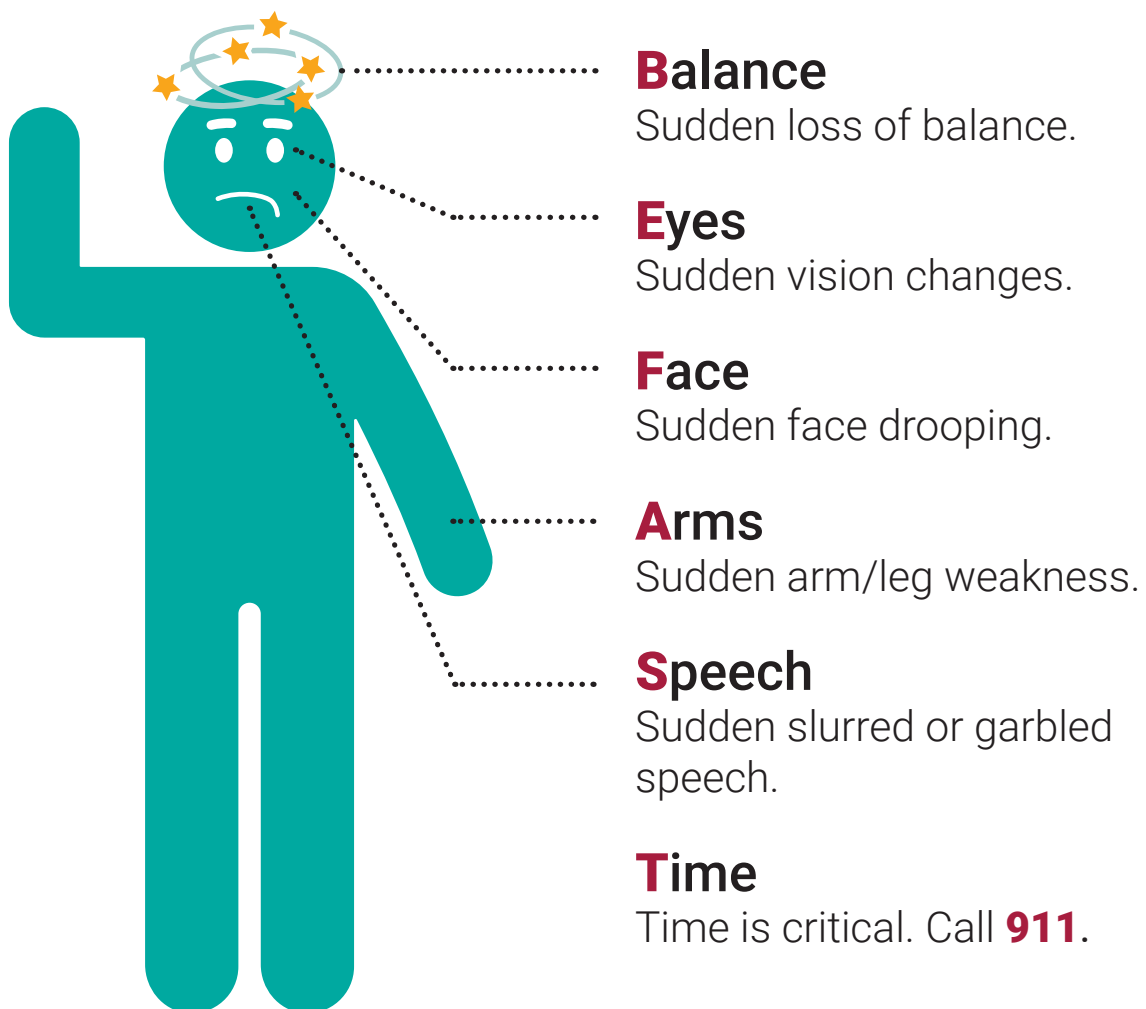


BEFAST

TO SPOT A STROKE

Time is critical for a stroke victim. Each minute, two million brain cells die.*



A stroke is a medical emergency. Know the symptoms, call 911 immediately and save a life!

Stroke Risks

Reduce Your Risk Factors for Stroke

While there are certain risk factors you can't control, such as family history or age, you have the power to greatly reduce your risk of stroke.











- Control your blood pressure.
- If you smoke, quit.
- Manage your diabetes.
- Maintain a healthy weight.
- Eat a healthy diet.
- Exercise regularly.
- Limit alcohol consumption.
- Get regular check-ups.

Who Is at Greater Risk for Stroke?









- People age 55 or older.
- Women.
- African Americans.
- People with a close relative who had a stroke.
- People who have had a stroke, transient ischemic attack or heart attack.


Sutter Health Stroke Network

Valley Area:

-  Memorial Hospital Los Banos
-  Memorial Medical Center
-  Sutter Amador Hospital
-  Sutter Auburn Faith Hospital
-  Sutter Coast Hospital
-  Sutter Davis Hospital
-  Sutter Medical Center, Sacramento
-  Sutter Roseville Medical Center
-  Sutter Solano Medical Center
-  Sutter Tracy Community Hospital

Bay Area:

-  Alta Bates Summit Medical Center
-  California Pacific Medical Center
-  Eden Medical Center
-  Mill-Peninsula Medical Center
-  Novato Community Hospital
-  Sutter Delta Medical Center
-  Sutter Lakeside Hospital
-  Sutter Santa Rosa Regional Hospital

 The Joint Commission recognizes these hospitals as Primary Stroke Centers for their exceptional ability to provide high quality stroke care.



sutterhealth.org/BEFAST