



A MINUTE OF HEALTH WITH CDC

Watch Those Signs

*Disparities in Adult Awareness of Stroke Warning Signs and Symptoms —
14 States, 2005*

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Trouble speaking or walking. Sudden vision problems. Confusion. Numbness or weakness in the face and arms, especially if it's just on one side of the body. These could all be symptoms of a stroke. Strokes are the third leading cause of death and the leading cause of disabilities among adults in the United States. If you or someone you know is experiencing symptoms of a stroke, seek immediate help. Treatment within 3 hours can help prevent death or severe and permanent disability, such as paralysis or impaired mental function. It's better to be told you were overreacting than to ignore the symptoms of a serious condition.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.