



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Stroke

William Moss, M.D., Chief Medical Officer

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

A stroke is when blood flow to parts of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. Stroke is a medical emergency. It's important to get care as soon as possible.

[DR. MOSS]

Stroke signs can be variable from person to person; but, for the most part, we try to think of an acronym called BE FAST. "B" stands for any type of balance issues; "E" eyes – certainly vision loss, but also unusual eye movement; "F" for facial drooping or facial weakness; "A" for arm weakness, including leg weakness; "S" is for speech difficulties; "T" is time to call 911.

Calling 911 is vitally important. One of the bigger aspects of calling a paramedic is to have them call ahead to the Emergency Room so I was to prepare to care for you in case it is a stroke and we can get you treated even faster.

[NARRATOR]

Some treatments for stroke work only if given the first three hours after symptoms start. A delay in care can raise the risk of permanent brain damage or death.

[DR. MOSS]

Any symptoms that are worrisome, you should call 911 and be seen in the Emergency Room so we can find out what's going on, treat it appropriately and let us take care of you right away.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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