



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – First Steps in Stroke Care

*William Moss, MD – Director, Emergency Department., Med Center Health*

[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 a part 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 kind of balance issues; “E” for eye – 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 9-1-1.

Calling 9-1-1 is vitally important. One of the bigger aspects of calling a paramedic is to have them call ahead to the emergency room ‘til I was to be prepared for you in case it is a stroke, and we can get you treated even faster.

[NARRATOR]

Some treatment 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 to you, you should call 9-1-1 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](http://MedCenterHealth.org).

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