



# Med Center Health®

[VIDEO TRANSCRIPT]

## EMS – Pull to the Right

[MUSIC]

[KIMMY]

We want you to BE FAST. BE FAST is the acronym that we use whenever we're identifying what a stroke is.

[KYLE]

B is for Balance -- any loss of balance, coordination or dizziness.

[KIMMY]

E for Eyes. If you have a sudden onset of vision difficulty in either one or both of your eyes, this is also indicative of a stroke.

[MICHAEL]

F stands for Face -- uneven, drooping or numbness. Also a great time to call 911 if you notice this.

[STEPHEN]

A is for Arms – Weakness and numbness on one side or the other.

[KYLE]

S is for speech – any slurred speech or inability to say words.

[MORGAN]

The last letter is T, which stands for Time – because time lost is brain lost.

[STEVEN]

If you experience any of these signs or symptoms, call 911 immediately.

[MUSIC]