



Touching Hearts & Enriching Lives



What is a Stroke?

A stroke or “brain attack” occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain.

What are the risk factors?

Anyone can have a stroke. But your chances for having a stroke increase if you meet certain criteria. Some of these criteria are beyond your control, such as:

- Over the age of 55
- Male
- Being African American, Hispanic, or Asian/Pacific Islander
- Family history of stroke
- Having suffered a previous stroke

What are the symptoms of stroke?

- Numbness or weakness of face, arm or leg—especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

AARN can help...

- Muscle strengthening
- Dysphagia Management (difficulty swallowing)
- Supportive Care Education of Disease Process
- Individual and Family Counseling
- Observation and Assessment
- Home Safety and Emergency Education
- Medication and Nutrition Education
- Assistance with activities of daily living
- Restorative Therapy (Physical, Occupational and Speech)

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www.AARNHealth.com

We treat our patients like family

