

Mayo Clinic Minute: Think 'FAST' when recognizing stroke symptoms

VIDEO	AUDIO
Jason	Stroke symptoms often are characterized by a sudden inability to do something. And one way to recognize some of the key symptoms is the acronym FAST.
Dr. Brown	"F' stands for facial droop."
Jason	If you notice a sudden droop or paralysis in your face, or sudden difficulty seeing out of one or both eyes, it could be stroke.
Dr. Brown	"A' stands for arm weakness."
Jason	Sudden weakness or paralysis on one side of the body — arm or leg — or difficulty walking can be a sign of stroke.
Dr. Brown	"S' stands for speech slurring."
Jason	Sudden difficulty speaking or understanding others, perhaps even speaking unintelligible words are all examples.
Robert D. Brown Jr., M.D. Neurology Mayo Clinic	"T' stands for time. If they see those symptoms occurring either in themselves, or a loved one or friend, they should seek emergency medical care immediately because every minute truly does count when there's a lack of blood flow to the brain or if there's been a hemorrhage into the brain tissue."
Jason	Recognizing these "FAST" symptoms and getting treatment quickly can minimize damage to the brain and lessen poststroke complications.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.