

**Mayo Clinic Minute: How extreme temperatures can increase stroke risk**

Soaring temperatures and high humidity increase your risk of heat-related issues, such as [dehydration](#) and [heat stroke](#). Those weather extremes also can increase [stroke](#) risk for some people. [Dr. Robert Brown](#), a Mayo Clinic neurologist, says if you or someone you know experiences [stroke symptoms](#) in the heat, call 911, as stroke is a medical emergency.

	Does weather impact your risk of having a stroke?
<b>Robert Brown, M.D. Neurology Mayo Clinic</b>	“There is some influence of weather and temperature on the occurrence of stroke, and it ends up that it’s oftentimes temperature extremes - very, very hot, very, very cold.”
	Or very, very humid. Dr. Robert Brown says the increased risk of stroke may have to do with the impact extreme heat, humidity and cold have on the body.
<b>Robert Brown, M.D.</b>	“Factors related to blood pressure and even some factors related to certain heart conditions.”
	Stroke is a medical emergency. The faster you get treatment, the better your chances are of recovery.
<b>Robert Brown, M.D.</b>	“There are a number of treatments that are available at the time of stroke-related symptoms.”
	There are also treatments that can sometimes be used to directly remove the blockage from the artery.
	Dr. Brown says when it comes to stroke , just remember FAST:F, face drooping, A, arm weakness, S, speech difficulties and T, time to call 911 if symptoms occur!
	For the Mayo Clinic News Network, I’m DeeDee Stiepan.