

Mayo Clinic – B.E.F.A.S.T. - Recognize the sudden warning signs of a stroke

Anchor introduction: May is Stroke Awareness Month, and knowing the signs and symptoms of stroke can save your life or the life of someone you care about. Stroke can happen suddenly, and every second counts when it comes to getting treatment. Doctors at Mayo Clinic say remembering a simple acronym — B.E.F.A.S.T. — can help you recognize the warning signs and act quickly.

James Klaas, M.D. Neurology Mayo Clinic	BEFAST is an acronym that stands for the common signs and symptoms to watch out for.
Narrator: Alex Osiadacz	Each letter in BEFAST represents a warning sign of stroke — and recognizing them quickly can save a life.
Felix Chukwudelunzu, M.D.	B stands for balance. Sudden onset of loss of balance or coordination
James Klaas, M.D.	The E stands for eyes. That's going to be vision problems, sudden loss of vision in one eye or the other. The F is face. And so you're going to look for facial drooping or facial weakness.
Stephen English, M.D. Neurology Mayo Clinic	A stands for sudden onset weakness of one side of the arm, or one side of the leg on one side of the body. S stands for sudden onset speech disturbance. So some difficulty in communicating or speaking
Felix Chukwudelunzu, M.D.	T stands for time just to remind us that time is brain. If you have someone that you think is having a stroke, it's time to call 911.
Narrator: Alex Osiadacz	Recognizing the signs and acting quickly can make all the difference. And the good news is up to 90% of strokes may be preventable by managing risk factors and living a healthy lifestyle. For the Mayo Clinic News Network, I'm Alex Osiadacz.