

May is [American Stroke Month](#) - a great opportunity to increase public awareness of the signs and symptoms of stroke (F.A.S.T.) and the importance of calling 9-1-1.

As a healthcare professional, you are the health influencers who make close connections with your community. You build relationships and promote lifestyle changes. You are stroke heroes and we need you to help us teach America that:

**Most strokes are preventable.**

- 80% of strokes are preventable.
- What's good for your heart is good for your brain.

**Stroke is largely treatable.**

- The faster you are treated, the more likely you are to recover without permanent disability.
- Most patients must be evaluated and treated within 3 to 4.5 hours of symptom onset.

For more information and resources visit:

[American Stroke Month Campaign Resources](#)

[Stroke Resources for Professionals](#)

<http://www.cdc.gov/stroke/index.htm>

The poster features the title "SPOT A STROKE" at the top. Below it are four panels illustrating the F.A.S.T. acronym: "F" with a woman's face, "A" with a man's arm, "S" with a woman's mouth, and "T" with a hand holding a phone. Below these panels is the slogan "It could save a life, possibly yours." At the bottom left is a QR code, and at the bottom right are the logos for the American Heart Association and American Stroke Association, along with the tagline "Together to End Stroke™".

*A message from the California Stroke Registry/California Coverdell Program, in collaboration with ICEMA. California is one of nine states funded by the Centers for Disease Control and Prevention's [Paul Coverdell National Acute Stroke Program](#)*