

Bookmark
YOUR
heart

Log on today!

www.heartandstroke.ca

- Most reliable source of heart and stroke information
- Breaking news on current health issues
- Build your own heart/stroke risk profile
- Community program and service information
- Secure donations and purchases



Log on today
and keep
the beat going

What is Your Stroke IQ?

Take this quiz and test your knowledge.

1. A stroke occurs in:

- The heart
- The head

2. Which of the following is not a cause of stroke?

- A blood clot interrupts the flow of blood to the brain
- Disruption of the electrical signals in the brain
- A blood vessel in the brain ruptures and there is uncontrolled bleeding

3. Which of the following are possible warning signs of stroke?

Select the answers that apply:

- Pain, discomfort or pressure in the chest
- Sudden weakness, numbness or tingling in the face, arm or leg
- Trouble breathing or shortness of breath
- Sudden temporary loss of speech or trouble understanding speech
- Nausea, indigestion or vomiting
- Sudden loss of vision, particularly in one eye, or double vision
- Cold, clammy skin
- Sudden, severe and unusual headache
- Fear, anxiety or denial
- Sudden loss of balance, especially with any of the other stroke warning signs

4. All except one of the following are risk factors for stroke that you can't control.

Select the one answer that you can control:

- Age
- Smoking
- Family history
- Gender
- Race

5. Which of the following are risk factors for stroke that you can control.

Select the answers that apply:

- High blood pressure
- Diabetes
- Lack of exercise
- Smoking



Last year, Max underwent surgery to implant a new kind of pacemaker, one with technological advancements unavailable just 5 years ago. Every time you give to the Heart and Stroke Foundation, you fund research that leads to medical breakthroughs, like the one that saved Max's life.

Now he can spend more time with his grandfather.

Please give to the Heart and Stroke Foundation.



ANSWERS: 1. (b) A stroke results in damage to the brain. 2. (b) Most strokes are the result of a blood clot interrupting the flow of blood to the brain. 3. (a), (d), (e), (f), (g), (h), (i), (j) are warning signs of stroke. The warning signs of stroke usually come on suddenly. The answers (a), (c), (e), (g) and (i) are warning signs of heart attack. 4. (b) You can control smoking and exposure to second-hand smoke. Age, family history, gender and race are risk factors for stroke that you can't change or control. 5. "All" of the above answers are ways of reducing your risk of stroke.

YOUR AD
GOES HERE

