



**YAYASAN STROKE INDONESIA**  
**( THE INDONESIAN STROKE FOUNDATION)**

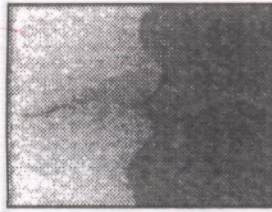
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## What are the warning signs of a stroke?



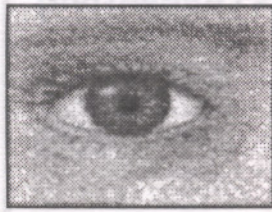
### **WEAKNESS**

Sudden weakness, numbness or tingling in the face, arm or leg.



### **TROUBLE SPEAKING**

Sudden temporary loss of speech or trouble understanding speech.



### **VISION PROBLEMS**

Sudden loss of vision, particularly in one eye, or double vision.



### **HEADACHE**

Sudden severe and unusual headache.



### **DIZZINESS**

Sudden loss of balance, especially with any of the above signs.

REFERENCE : AMERICAN STROKE ASSOCIATION

# Memahami mereka menyelamatkan nyawa anda!



**Lima gejala yang harus diwaspadai :**

**1** Kelemahan mendadak, mati rasa, kesemutan pada muka, lengan atau kaki.



**2** Kehilangan kemampuan berkata-kata secara tiba-tiba atau kesulitan memahami perkataan.



**3** Kehilangan penglihatan mendadak terutama pada sebelah mata atau melihat ganda.



**4** Sakit kepala hebat mendadak yang tidak pernah dirasakan sebelumnya.



**5** Kehilangan keseimbangan mendadak terutama bila bersamaan dengan salah satu dari gejala di atas.



Bila anda atau yang anda kenal pernah mengalami gejala-gejala di atas, periksa ke dokter secepatnya. Tindakan segera dapat membantu mencegah terjadinya stroke.

## TIME LOST IS BRAIN LOST

SUMBER : AMERICAN STROKE ASSOCIATION

# They could save your life!



## The five main warning signs of a stroke :

**1** Sudden weakness, numbness or tingling in the face, arm or leg.



**2** Sudden temporary loss of speech or trouble understanding speech



**3** Sudden loss of vision, particularly in one eye, or double vision.



**4** Sudden severe and unusual headache.



**5** Sudden loss of balance, especially with any of the above signs.



If you or anyone else you know ever experience any or these problems, get medical attention immediately. Your quick action could help avoid a stroke !

## TIME LOST IS BRAIN LOST

REFERENCE : AMERICAN STROKE ASSOCIATION