









B E F A S T

Know the signs of stroke



| B | E | F | A | S | T |
|--|--|--|---|--|--|
| BALANCE | EYES | FACE | ARMS | SPEECH | TERRIBLE HEADACHE |
|  |  |  |  |  |  |
| Sudden loss of balance ? | Loss of vision in one or both eyes? | Face looks uneven? | Arm or leg weak or numb? | Speech slurred, trouble speaking or understanding | Time to call 911! |

KNOW THE SIGNS OF STROKE

Team Goose courtesy of Kessarín Panichpisal MD and Yasmine Lopez

How to perform a stroke exam:

Balance: Walk patient or have them try to sit up on their own (sudden loss of balance)

Eyes: Ask patient about vision, check each eye for sight (sudden loss of vision)

Face: Have patient smile (face looks uneven suddenly)

Arm: Check drift and sensation in arms and legs (sudden arm/leg weakness or numbness)

Speech: Ask pt to say 'You can't teach an old dog new tricks' (suddenly slurred, trouble speaking or understanding)

Terrible Headache: Ask patient about headache symptoms (sudden onset, worst headache of their life)

TOOLS

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