

WHAT ARE THE SIGNS OF STROKE AND WHAT SHOULD YOU DO IF YOU OR SOMEONE YOU KNOW IS SUFFERING A STROKE?

Think and act F.A.S.T. FAST is an easy way to remember the signs and symptoms of a stroke.

- **Face drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

- **Time to call 911** - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Beyond F.A.S.T. – Other symptoms you should know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

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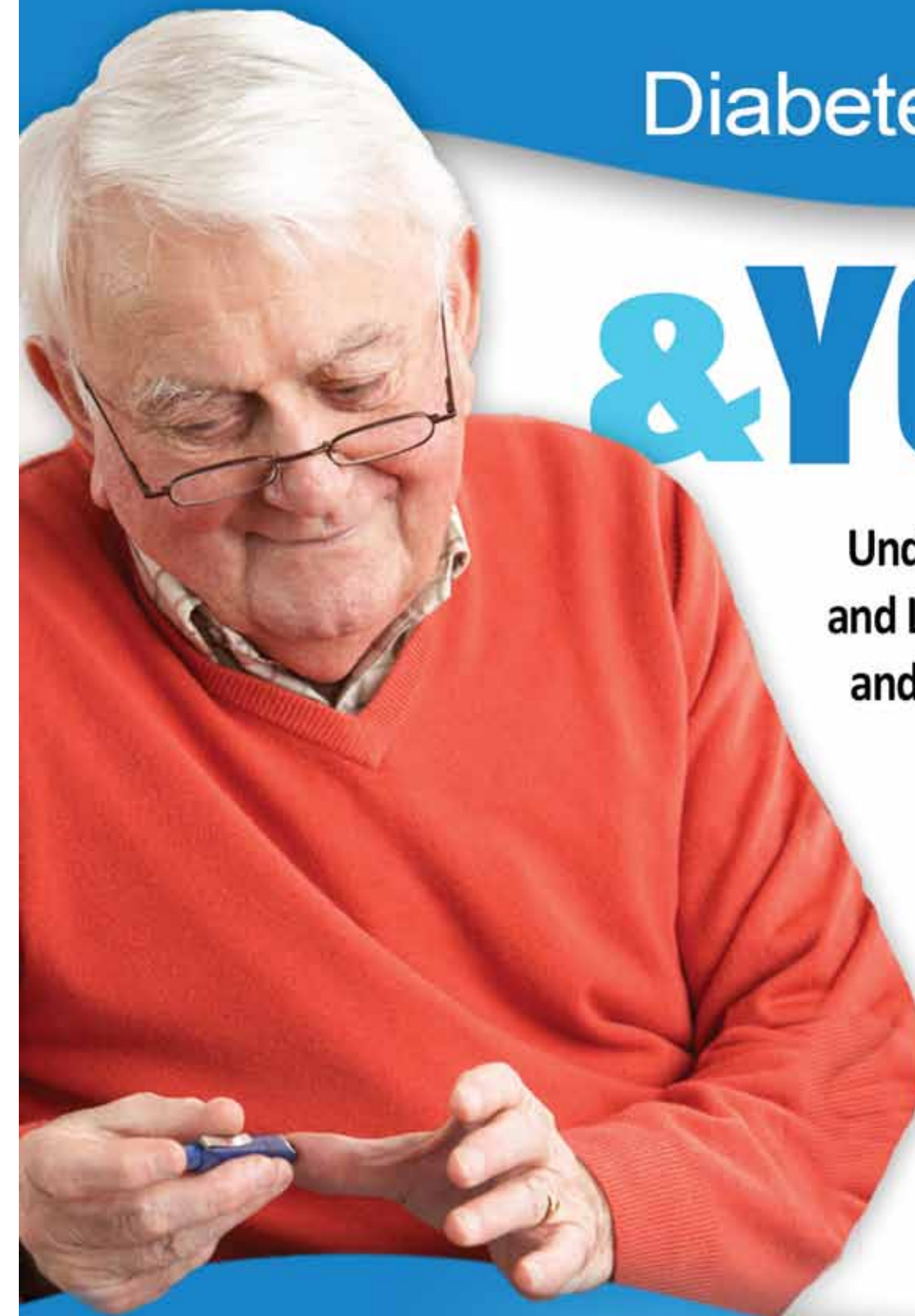


This material was developed by Quality Insights Quality Innovation Network and modified by Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-GPQIN-NE-B2-12/0815

Diabetes Care

& YOU

Understanding High and Low Blood Sugar and the Connection to Heart Attack and Stroke



Diabetes Management & YOU

People with diabetes have a greater risk of having a heart attack or stroke. Understanding the symptoms of high blood sugar, low blood sugar, heart attack and stroke are important to prevent emergencies that can jeopardize your health.

WHAT IS HYPERGLYCEMIA?

Hyper means high. Hyperglycemia (hy•per•gly•see•mee•uh) means that the blood glucose (sugar) level is too high. When glucose is too high, warning signs may appear. People with diabetes are encouraged to use blood glucose meters to monitor their glucose levels. Depending on how high a person's blood glucose level is, he or she might need to go to the emergency room because of the risk of developing severe complications (such as coma).

WHAT ARE THE SYMPTOMS OF HYPERGLYCEMIA?

Symptoms of hyperglycemia are:

- Excessive thirst
- Continuous hunger
- Frequent urination
- Tiredness/sleepiness, particularly after eating
- Dry skin
- Blurred vision
- Nausea



WHAT IS HYPOGLYCEMIA?

Hypo means low. Hypoglycemia (hy•poh•gly•see•mee•uh) means that the blood glucose (sugar) level is too low. Severe hypoglycemia can rapidly lead to coma. When symptoms of hypoglycemia are severe, seek help immediately.

WHAT ARE THE SYMPTOMS OF HYPOGLYCEMIA?

Symptoms of hypoglycemia are:

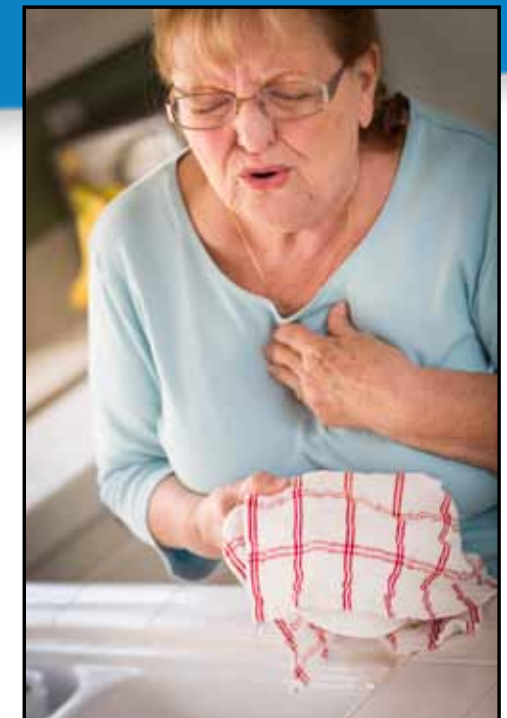
- Hunger
- Blurred vision
- Shaking or tremors
- Palpitations or increase in heart beat
- Sweat (perspiration)
- Dizziness
- Anxiety
- Irritability or bad temper before meals

WHAT ARE THE SIGNS OF A HEART ATTACK?

Heart attack signs may include:

- A sensation of pressure and pain on the chest that lasts only a few minutes. The pain appears and disappears.
- Pain that extends to the back, neck and arms.
- Discomfort in the chest, fainting or weakening sensation, excessive sweat, nausea, or shortness of breath.

***Not all of these symptoms happen during all heart attacks, especially if the nerves have been affected by diabetes.*



WHAT SHOULD YOU DO IF YOU OR SOMEONE YOU KNOW IS SUFFERING A HEART ATTACK?

- **Call 911.** Call an ambulance. Do not waste time, and do not wait until a family member or friend can take you to the hospital. Every minute counts.
- **Do not walk.** If you are not the one having a heart attack, do not force the affected person to walk.
- **Consider learning CPR.** Cardiopulmonary resuscitation (CPR) is a valuable skill to have if someone you know is having a heart attack. Consider having somebody in your family learn as well.